THE NATIONAL HOME COOK BOOK

National Home Cook Book

Published by
THE NATIONAL CLOCK & MFG. CO.
Chicago, U. S. A.

PUBLISHED BY
THE NATIONAL CLOCK & MFG. CO.
CHICAGO

CONTENTS

	Page
Bread, Biscuits, Buns	8
Cakes, Cookies	20
Cheese	54
Crackers	52
Desserts	54
Doughnuts	60
Dressing for Poultry and Meats	62
Dumplings	64
Eggs	66
Fish	70
Fowl	76
Frostings	82
Fritters	84
Meats	86
Mincemeats	104
Noodles, Nuts,	106
Omelets, Pancakes	108
Pastry	110
Pies	112
Puddings	120
Pudding Sauces	128
Rabbits	130
Salads	132
Salad Dressings	138
Sauces	140
Vegetables	142
Recipes and Directions for National Fireless Cooker	155
Casserole Baking Recipes	167

INTRODUCTION

THE NATIONAL HOME COOK BOOK offers many new and novel ideas in Cook Books. It provides not only recipes for every day routine cookery; the household favorites contributed by many of the best cooks and housekeepers of the land, but contains a separate department for Fireless Cookery Recipes and Casserole Baking Dish Recipes, with suggestions on serving as well as cooking; a new and valuable innovation in COOK BOOKS.

THE SIZE is extremely convenient, the book when open taking up a very small amount of space on the table.

THE NATIONAL HOME COOK BOOK is provided with BLANK PAGES, permitting one to copy or paste in the proper place the recipe of any particular kind of dish, as every housewife is interested in saving recipes obtained from friends and other sources. Your recipes are always kept in compact book form instead of scattered about your kitchen, and are readily located when you have occasion to refer to them.

EVERY RECIPE herein has been tried and tested by experienced cooks and passed upon as a successful recipe.

THE FIRELESS COOKER RECIPES are in daily use by more than one hundred thousand housewives already using a FIRELESS COOKER.

THE CASSEROLE BAKING RECIPES meet the demands of the most critical culinary artist; they in themselves are immensely valuable.

The Recipes

Bread, Biscuits, Buns, Etc.

BROWN BREAD.

BAKED BROWN BREAD—One quart graham flour, 1½ teaspoons soda, one teaspoon salt, one-half cup molasses, two cups sour milk. Mix thoroughly and after putting into baking pan let stand 20 minutes before putting in oven. Has a nutty flavor.

* * *

Two cups graham flour, one cup white flour, 1½ cups sugar, one pint sour milk, one level teaspoon soda, one-third teaspoon salt; pour into well greased pan. Bake in slow oven 40 minutes.

* * *

STEAMED BROWN BREAD—One quart each of milk and Indian meal, one pint rye meal, one cup of molasses, two tablespoons soda; add a little salt and steam four hours.

* * *

GRANDMOTHER'S BROWN BREAD—One cup graham flour, one-half cup corn meal, one cup sour milk, one-third cup molasses, one level teaspoonful soda, salt, a few raisins. Bake in deep tin slowly for 40 minutes.

CORN BREAD.

SWEET MILK CORNBREAD—One cup cornmeal, three-quarters cup flour, one cup of milk; mix these together first; one egg (white to be beaten stiff and added last), small teaspoon salt, two teaspoonfuls of baking powder, one-half cup of sugar, and one-half teacup of melted lard or butter.

* * *

SOUR MILK CORNBREAD—Two cups meal, one cup flour, two cups sour milk, one cup sweet milk, one-half cup sugar, one teaspoon soda and the last thing add one egg. Steam in greased cans or pail 1½ hours.

* * *

One pint of meal, one pint of rich buttermilk, one egg, one tablespoon of flour, one of sugar or molasses, one teaspoon of soda and one of salt; put the meal to soak and swell in the buttermilk for a couple of hours before baking. Sometimes when I want it a bit extra good, I add one more tablespoon of flour and two of cream. You may think the batter too thin, but it is not; bake in a block tin.

* * *

EGGLESS CORNBREAD—Three cups of cornmeal, one teaspoon salt, a little soda in sweet milk (I take milk and cream together) and four tablespoons melted lard. I don't bake it too thick. I have used this recipe for 27 years.

* * *

Two quarts of sour milk (or buttermilk), one tablespoon of salt, one-half cup of sugar (any kind will do), one teaspoon of soda, one-half cup meat fryings (melted), 1½ cups of wheat flour. Cornmeal enough to make a soft batter, bake in large oblong dripping pans to a golden brown. This makes two large breads.

* * *

VIRGINIA CORNBREAD—Scald one cupful of meal with three cupfuls of boiling water; add two well-beaten eggs, three cupfuls of buttermilk, one teaspoon of soda, and the same of salt. Lastly, add one tablespoonful of melted lard. Bake slowly in a yellow bowl or a pudding dish.

* * *

CORN PONE (two kinds)—No. 1—Scald two cups of white corn meal, to which add one cup of cooked fine hominy, or rice, if preferred, one cup of milk, two eggs well beaten, one spoonful sugar and one spoonful of salt. Bake in oven until thoroughly well done. Serve hot.

No. 2—Scald one cup white cornmeal, mix with enough water to form a thick batter, salt to taste and bake in a slow oven in Johnny cake style. Serve hot.

HOE CAKE—Mix cornmeal with water or milk, adding salt, to the thickness of a stiff batter, stir thoroughly, spread on baking board and tip up before the fire. On southern plantations they are often baked on broad hoes they use, hence the name.

CORN CAKE—Three-quarters cup granulated cornmeal, 1¼ cups sifted flour, one-quarter cup sugar, one cup sweet milk, 1½ tablespoons melted butter, one well beaten egg, one-half teaspoon salt, five level teaspoons baking powder; beat thoroughly, turn into buttered pan, bake in hot oven; cut in squares. If a richer cake is wanted, add two spoons butter.

JOHNNY CAKE—One egg, one cup brown sugar, one-half cup lard, one teaspoon salt, four teaspoons baking powder, one pint sweet milk, one pint wheat flour, enough cornmeal to thicken.

DIRECTIONS

DO NOT use the kooker until you have thoroughly read and understand the directions and explanations as to the length of time the food prepared is supposed to boil both over the fire and in the kooker.

YOU MUST have the contents of the kettle or anything you desire to cook to a boiling point, or allowed to remain over the fire according to the instructions.

And in cooking or preparing any food you wish to cook in the Fireless Kooker, always consult the recipes and directions in this book, which you will find under their proper headings.

YOU MUST place the cover on the kettle of the kooker while the food is boiling to obtain the best results, and know that the cover is securely down when kettle is placed in the kooker, which MUST be instantly after removing from the fire.

TO OBTAIN best results with a small portion of any food, which does not fill the kettle of the kooker, put the food in a smaller vessel, and place inside of the larger kettle, after which pour boiling water into kettle around the smaller vessel; in this same manner, also, you can cook several kinds of food at the same time by using smaller vessels and placing them inside of the larger one, in which event the larger vessel should always contain boiling water.

CONTENTS

Fish 160

Fruits..... 164

Meats 161

Soups 159

Vegetables 163

For the Sick Room..... 165

RECIPES AND DIRECTIONS

FOR

National Fireless Cooker

THE NATIONAL COOKER

Manufactured by

The National Clock & Mfg. Co.

CHICAGO

five potatoes to boil in two quarts of water. soak (one cake of yeast in summer, two are ater). Mix together one cup of flour, four tablespoons sugar, four tablespoons salt; mix in water enough to make a smooth paste. When potatoes are soft take out and mash, return water, bring to a boil, then add mixture; stir till flour is thoroughly scalded, add enough water to make four quarts; when cool add yeast. Let mixture stand till morning in warm place, stir occasionally. In the morning use half of this, mixing it into big loaf, knead about 15 minutes, set to rise; when half as large again form into four loaves. Keep the rest of the yeast in a cool place. One quart of yeast and one of sweet milk make good bread. All who have used this rule like the bread.

BREAD HELPS.

YEAST—This bread yeast always keeps good: One-half of a dry loaf of bread, moisten in water, put away in mason can with one yeast cake mixed into it. To lighten buckwheat cakes or to take the place of a cup of sour milk for gems.

FOR RAISING BREAD—After many years at bread baking I found my bread long in rising in winter after working on the bread board, which was usually cold. I bought a tin one, heated it before the fire and have never since chilled the bread. Instead of using a pan, which quickly chills, I bought a wide crock, always had it heated on the stove, placed my bread in it and covered with a piece of woolen blanket, with the result my bread was ready to bake much sooner than it was when this precaution was not taken.

A slate slab, such as is used for roofing, also makes a good bread board, and it is often procurable for nothing. It can be heated very hot and placed under a crock or pan of dough to assist slow bread in rising on a very cold day.

SANDWICH LOAVES—When baking bread, if you wish small, round loaves for sandwiches, use unsoldered tin cans; fill half full.

TO RAISE QUICK—When setting the sponge, put the pan in another pan of hot water and also do the same after kneading. It will rise in half the time taken before.

FOR SOFT CRUST—After stiffening bread, grease it over top with melted lard when setting to rise. Do the same again when you work out into loaves. Keeps bread from forming hard crust when rising.

WHEN CUTTING WARM BREAD OR CAKE—Put knife blade in boiling water for a short time; will cut much nicer.

TO PREVENT SODA SPOTS IN BREAD—Dissolve soda in a little cold water before mixing with ingredients.

COOLING BREAD—When I take my bread out of the oven I allow it to get perfectly cold by placing the bread on its side where it can cool without softening the crust by the steam.

KNEAD BREAD DOUGH from sides to the center, with the whole hand, using strength and turning the dough constantly, I found out the longer it is kneaded the whiter and finer the bread.

RICH BREAD—Use one-third Graham flour instead of all white flour. This makes a very rich, satisfactory bread.

WHEN BAKING BREAD, if you are careful not to allow the pans to touch each other in the oven, the bread will rise evenly, and you will have a uniformly brown crust. Try it.

BISCUIT

BAKING POWDER BISCUIT—Three cups sifted flour, one cup sweet milk, two teaspoons baking powder, one teaspoon soft butter. Mix the flour and baking powder, then butter and milk, roll on board till the frothy feeling is out of them, then cut in shapes about 1½ inch in thickness. Put a little piece of butter on top of each one, let stand one-half hour, bake in hot oven until a nice brown.

BAKING POWDER BISCUIT—Recipe for about one-half dozen biscuits: One pint flour, one even teaspoonful salt, two well-filled teaspoons baking powder, mix. Two scant tablespoons lard or pork drippings. Mix enough sweet milk to make a stiff dough. Roll out about one inch thick, cut and bake in greased pans in a pretty hot oven.

KNEADED BISCUIT—Two and one-half cups of flour, two and one-half teaspoons baking powder, one-half teaspoon salt; mix well together; one-fourth cup butter worked in with tips of fingers and one scant cup milk added gradually, mixing with knife until stiff enough to knead. Knead five minutes, cut in squares one-half inch thick. Bake 15 minutes in quick oven.

MOTHER'S SODA BISCUIT—Take one quart of flour, two teaspoons Royal baking powder, enough soda that will hold on 10-cent piece, small tablespoon lard or fryings, one-half teaspoon salt. Work all together smoothly with hands, put through sifter three times, moisten with sweet milk, roll gently, cut in diamond shape and glaze with egg.

or you will have it ready for the tins the minute you have a smooth, big loaf which you can handle. I knead mine in the pan, thus saving work. I notice it is greeted with as many smiles as the family gather around the table as in other days when I worked it on the kneading board. Place your tins containing the loaves, which, by the way, should be just a trifle over half full, in a warm place covered with a lightweight covering, and when raised to top of tins place in oven and bake three-quarters of an hour. With bread-making as with other well-meaning efforts of life, do not be satisfied, neither be discouraged. The beginner may bake three or four batches before attaining to her ideal loaf, but with effort pays, and it's the easiest made bread.

MUSH BREAD.

MUSH BREAD—This is one of the daintiest of all the quick breads. Put one pint of milk in a double boiler; when hot stir in slowly two-thirds of a cupful of granulated corn-meal, either white or yellow. Stir until the mixture begins to thicken; it must not be stiff, but a little more than creamy. Take from the fire, drop in, beating all the while, the yolks of four eggs; then stir in the well-beaten whites; turn the mixture into a baking dish and bake in a quick oven for about 30 minutes.

OATMEAL BREAD.

Pour one quart boiling water over two cups oatmeal, add one-half cup molasses and two tablespoons shortening. When cool stir in one-half yeast cake, two quarts flour and two tablespoons salt. Mix well and let it rise until morning. Then pour into pans, let it rise until light and bake one hour. This makes two loaves.

* * *

Two cups rolled oats, two tablespoons lard, four cups boiling water, one-half cup brown sugar, one teaspoon salt. Let stand till lukewarm and then add one yeast cake that has been soaked in warm water; when thoroughly dissolved stir in about two quarts flour. Let stand over night; stir thoroughly next morning and dip in tins. This makes two loaves of bread.

VIRGINIA BATTER BREAD—Two eggs, one teaspoonful of salt, one quart of sour milk, three-fourths of a teaspoonful of soda, one pint of cornmeal. Beat the eggs, stir the soda in the milk till it foams, sift the salt with the meal, stir the meal into the milk, adding the eggs. Beat hard for five minutes, pour into a greased china baking dish, and bake in a moderately hot oven till brown.

WHITE BREAD—Bread is the one thing for which I am famous among my acquaintances. My mother and grandmother before me held the premium on their bread and I use the old-fashioned method.

The evening before you wish to bake, boil three potatoes. When done mash well and add water in which they were boiled with enough clear water to make two-thirds of a gallon. When this cools add one teaspoon salt, three tablespoons sugar, with one cake yeast foam well dissolved. In the morning set aside one pint of solution, which add next time you bake instead of one cake of yeast foam. Strain rest of liquid and add flour until you have a nice sponge. In an hour or two, when the sponge has become very light, sprinkle with one large tablespoon salt, mix flour into it until it will knead without sticking to board. When sure mixture is well kneaded, put in greased pan until it doubles its bulk, when it is to be gently molded into loaves. When they double in size they are ready for oven.

Have always made bread a special study and believe the usual housekeeper ruins her bread in the oven. Allow bread to be in oven at least half hour before crust begins to brown. Then in fermentation yeast and bread should be kept between 70 and 80 degrees.

Try saving a pint of yeast; it will give you delicious bread if you bake once or twice a week, and is less expensive.

* * *

LIGHTNING BREAD—The yeast: Stir well together one tablespoon salt, two tablespoons sugar, three tablespoons flour, one pint boiling water; to this add seven medium-sized potatoes (boiled and mashed fine), one pint of the hot water in which they were boiled, and three pints cold water; then stir in 2½ yeast cakes previously dissolved in a little tepid water, cover with a cloth and keep warm 10 hours. Then put in a moderately cool place to use as needed.

The bread: For each loaf of bread put four cups sifted warm flour in the bread pan; stir the yeast, take one pint of it and mix with the flour into a soft dough (using a large spoon). Then knead it briskly 10 minutes, mold into loaves, let rise once in a warm place. When light bake.

A cupful of milk (scalded), one extra cupful of flour and [illegible] of lard for each loaf will improve the above.

GRAHAM BREAD.

Make sponge of two cups white flour, one-half teaspoon lard, one tablespoon molasses, one teaspoon sugar, one of salt and one-half cake yeast. When light mix in two cups graham flour, and when this is light, mold into loaf and let rise till again its size. Bake one hour in not too hot an oven, covering with another tin to prevent browning too much. Makes one large loaf.

SOUR MILK GRAHAM BREAD—Three cups sour milk, three cups graham flour, two cups white flour, one-half cup molasses or brown sugar, one teaspoon salt, three scant teaspoons soda.

One pint of buttermilk, one-half cup of sugar, one cup flour, one-half cup cornmeal, two cups graham flour, one-half cup molasses (Orleans), one-half teaspoon salt, one even teaspoon soda; mix well and bake 1½ hours in a slow oven.

* * *

STEAMED GRAHAM LOAF, which my family calls very nice, is made of one-half cup sugar, two teaspoons salt, one teaspoon soda, one tablespoon melted butter, two teacups of buttermilk, four teacups of graham flour. Steam two hours and bake 15 minutes. This has been a favorite recipe in my family for years.

GINGERBREAD.

Three-quarters cup molasses, one-half cup sugar, one egg, one cup warm water, one teaspoon soda dissolved in water, two cups flour, one teaspoon baking powder, one-half teaspoon salt, one teaspoon cinnamon, one teaspoon ginger; sift dry ingredients together; lump of lard size of egg. Mix in order given, pouring melted lard in last.

SOUR MILK GINGERBREAD—One-half cup sugar, one-half cup butter or lard, one egg, one-half cup sour milk, one-half teaspoon soda, two cups flour, one teaspoon ginger, pinch of salt, one-half teaspoon cinnamon.

SOFT GINGERBREAD—One cup molasses, one-half cup sugar, one-half cup hot water with a teaspoon of soda dissolved in it, a teaspoon of ginger and one of cinnamon; stir in flour to make a soft batter and bake in dripping pan.

SPONGE GINGERBREAD—Take one cup sugar, one cup sour milk, one small teaspoon soda, one cup molasses, four eggs (the whites and yolks beaten separately), one cup butter, one tablespoon ginger, one cup raisins, four cups flour. In place of sour milk and soda you may use sweet milk and baking powder.

SALT RISING BREAD.

On the morning of the day prior to which you desire to bake bread, bring one-half pint of new sweet milk to a boil, then add a sufficient quantity of fresh Indian meal to make a batter similar in consistency to pancake flour. Cover this and stand in a very warm (not hot) place, and before night the mixture (called lightening) will have risen and a slight pressure upon it will cause a snapping and cracking sound. This is now ready for immediate use or any time within a week. Set it away in a cool place in the meantime. The cellar bottom is the best place. Now for baking day. Early in the morning take a bowl or pitcher (I use a 1½-quart pitcher), toss into a teaspoon each of salt, sugar and soda, also three or four teaspoonfuls of new sweet milk. Scald this mixture by pouring over it one pint of boiling water. Stir and let stand until it will not scald. Then add flour to make a very stiff batter; also add the lightening previously prepared. Stir well and place in a warm position (I put the pitcher in a two-quart basin containing warm water and let it stand in open oven, careful not to scald.) By allowing it to stand in water when the batter runs over the top of the pitcher, as it is very likely to do in about one hour, you save it by using the water into which it falls for the bread.

Now have the bread pan ready with flour for your bread. Make a bed in the flour into which you pour the following prepared by adding to the water in the basin: One pint of scalded new sweet milk (of course use more or less water and milk, but as in other bread, count pint of wetting to a loaf), a spoon of salt, and when yet hot, but not scalding, the contents of the pitcher, stirring well, thus separating the Indian meal from the other ingredients, thus preventing its falling to the bottom of the dish. Now pour this into the bread-pan of flour, doing so carefully that the settlings of meal will not go in, as they cause the bread to be coarse grained. You will have one-half a cup to throw out to the chicks. Now stir the flour into the wetting, using care that a lining of flour is preserved throughout the pan to aid in keeping bread warm. When the bread is about as thick as Indian mush, cover top with flour and let stand in warm place until it rises to a height which cracks the flour on top in all directions. (Do not be alarmed if a strong odor arises from the mixture at this stage.) Then add the flour slowly to avoid getting too stiff. Knead slowly and watch carefully,

RAISED BISCUIT—Take same quantities as for one loaf, knead 10 minutes, add tablespoonful lard, make into balls, let rise and bake. These require about one hour to make and bake.

SUGAR BISCUIT—Cream one tablespoon lard, one cupful sugar and two beaten eggs. Add one cupful milk and beat to a cream. Sift two large teaspoons baking powder and a pinch of salt with three cups of flour. Mix into smooth batter, fill muffin rings half full and bake a delicate brown. Serve hot with butter or maple syrup. These are fine for lunch or tea. Makes 16 biscuits.

SWEET POTATO BISCUIT—Boil four medium-sized sweet potatoes. When done drain, peel, mash fine, with one tablespoon butter; add two cups sweet milk, one well-beaten egg. Rub through sieve one teaspoon salt, one tablespoon sugar, two rounding teaspoons baking powder, and two cups flour. Add to potato mixture and mold into rather stiff dough. Roll out and cut with small biscuit cutter. Bake in hot oven. Excellent with maple syrup.

SWEET POTATO BISCUIT—Two cupfuls of flour, one cupful of boiled and mashed sweet potatoes, one teaspoonful of sugar, one teaspoonful of salt, one tablespoonful of butter, one-fourth of a teaspoonful of soda and enough buttermilk to make a soft dough. Roll and cut with a biscuit cutter and bake in a quick oven.

WOCHTEL (Crock Yeast Biscuits)—When one is baking bread and ready to put it in loaves, take about as much dough as you would use for a small loaf, then take one heaping tablespoon of both lard and butter, one-fourth cup sugar and one saltspoon cinnamon. Knead this until thoroughly mixed. Roll till a long loaf is formed and then cut into pieces as you would for biscuits. Then roll again between palms of hands and dip in melted butter or lard. Butter a half-gallon crock, put in the balls (do not be afraid to lay one on top of another), and let them rise about one-half hour or more. Bake in a moderate oven a half-hour, or until brown. If liked, after separated, toast in the oven until crisp. This recipe makes about a dozen biscuits. These are very delicious when served with tea or coffee.

BISCUIT HELPS.

TO MAKE LIGHT BISCUIT—When using sour cream or milk in baking, use the usual amount of soda in the milk, and stir one teaspoonful of cream tartar in the flour and see how light your biscuit, etc., will be.

LEFT-OVER BISCUITS can be made real nice and fresh by sprinkling or dipping in water; then place in baking pan in hot oven and let remain for a few minutes, and they are as palatable as when first baked.

TO MAKE BAKING POWDER—Two ounces tartaric acid, pounded in a mortar, 40 ounces bicarbonate of soda, one-half pound corn starch. Stir all ingredients together, put through a fine sieve, such as a flour sifter. Put in box and you will have just as good and a great deal cheaper article than you buy.

BUNS.

BUNS—One pint of bread sponge, one-half cup sugar, one-third cup of lard or butter, white of one egg beaten very light and added last. Then mix into a loaf about the same as bread and let rise; when light roll out and cut with a biscuit cutter and place an inch apart on buttered tins. Let rise to twice their height and bake 20 minutes. This makes about one dozen. In doubling the recipe a whole egg will give as good results as the whites of two.

EXCELLENT BUNS—Two cups of milk scalded and cooled; add one teaspoon salt, one tablespoon sugar, and flour to make a stiff batter. Add one-half cup of yeast to batter. Set rise over night; in morning add one-half cup sugar, one-half cup butter (melted) and flour enough to make it stiff enough to knead. Let rise again until light, shape into small biscuit and rise again. Bake in hot oven till brown.

HOT CROSS BUNS—Put three cups sifted flour into a bowl, rub into it two tablespoons butter, one-half cup granulated sugar, one-fourth teaspoon salt, add one cup lukewarm milk, in which has been dissolved a compressed yeast cake; set aside to rise, and when twice its original bulk, place on a well-floured board, roll out and shape into round biscuits with the hands. Place in pans so they do not touch and let rise again in a warm place; when light and just before placing in the oven, with a sharp knife, cut a cross on the top of each bun. Brush the top with melted butter, and sprinkle with sugar and cinnamon mixed together. Bake in a hot oven about 15 to 30 minutes. This should make about two dozen.

RAISED HOT CROSS BUNS—Into four pounds of flour rub a half pound of lard and butter mixed, half a pound of sugar, one tablespoon salt, then half a grated nutmeg, one-

R[illegible]-teaspoon mace, the same of cinnamon, one package of currants and some finely shredded candied lemon peel. Make a hole in the center, pour in two compressed yeast cakes, dissolved in a pint of lukewarm milk. Mix thoroughly and set in a warm place to rise. When the sponge rises to the top of the hole, knead the mixture to a light dough, using as much more lukewarm milk as is required.

If the buns are wanted for breakfast set the sponge and do the kneading over night, then set in a warm place. In the morning the dough must be kneaded down, turned out on a molding board and divided in portions weighing about three ounces each.

Mold oblong in shape three inches wide and six inches long; put in a greased dripping pan, let rise half an hour or longer, cut a cross on the surface and bake in a moderate oven. When nearly done brush over with a sirup of boiled sugar and water.

If directions are followed closely, delicious buns will reward any one for the trouble.

SPANISH BUNS—Two and one-half cups brown sugar, one-half cup butter, yolks of four eggs, whites two eggs, one cup sour milk, one teaspoon soda, 2½ cups flour, one teaspoon each cinnamon and nutmeg.

GEMS

CORN MEAL GEMS—Sift together one pint of meal, the same of flour, and two teaspoonful baking powder; make into batter with pint of sweet milk. Bake in gem pans in a quick oven.

CORN MEAL OR GRAHAM GEMS WITHOUT EGGS—Melt scant one-half cup lard, add one-half cup sugar, a generous pinch of salt, stir in some meal, then beat into a big cup of sweet milk (be sure not to get a small cup), then add two tablespoons (heaping) white flour mixed with one large teaspoon baking powder, one-half teaspoon soda, and enough (either corn meal or graham), flour to make a batter that drops off the spoon. Bake in gem pans (or baking pan), in a VERY hot oven. Warm bread like this is often spoiled in the baking.

GRAHAM GEMS OR LOAF—Two cups graham flour, one cup white flour, one cup sour milk, three-fourths cup Orleans molasses, pinch salt, one egg (added last). Bake in gem pans 15 minutes in hot oven. Serve hot for supper.

GRAHAM GEMS—Three cups of sour milk, one teaspoon of soda, one teaspoon of salt, one tablespoon brown sugar, one tablespoon melted lard, one beaten egg. Use enough graham flour to make a good batter. Bake in a hot oven; have gem pans very hot before filling.

STRAWBERRY GEMS—Bake the crust in gem pans. For filling make a custard of milk, cornstarch, eggs and sugar. When almost cold stir in sweetened strawberries, fill the gems and set away till cold.

MUFFINS

ONE EGG MUFFINS—Two cups flour, one-half teaspoon salt, two teaspoons baking powder, two tablespoons sugar, one egg, two tablespoons melted butter, 1¼ cups sweet milk. Mix and sift dry ingredients together; separate egg, beat yolk until creamy; beat white to a stiff froth. Stir yolk, milk and butter into dry ingredients; last, fold in beaten white of egg. Bake in gem pans about 20 minutes. This will make 15 muffins.

LARCHMONT MUFFINS—Two eggs, 1½ cups flour, two teaspoons baking powder, one tablespoon sugar, one tablespoon melted butter, pinch of salt. Sift the flour, salt and baking powder well together. Add the sugar, yolks of eggs, butter and milk, and lastly the stiffly beaten whites of eggs. Bake in a greased pan in the oven.

ROLLED OATS MUFFINS—Cream butter size of an egg, add one cup brown sugar, two well-beaten eggs, one cup sour milk. Mix together two cups rolled oats, one cup pastry flour, two heaping teaspoons baking powder, then stir into mixture. Add one-half teaspoon soda, pinch salt and stir well. Put in muffin tins, bake in quick oven about 20 minutes. More sugar may be used if desired.

ROLLS AND RUSKS

EVERYDAY ROLLS—Take piece of dough on baking day as large as a small loaf, when molded out the last time; spread out a little, add one egg, two tablespoons sugar, three-fourths cup lard, a little flour and a small teaspoon soda if the least sour; mix well, let rise, mold into rolls or buns, set to rise again. They will be ready for oven in 20 minutes.

POTATO RUSKS—In the evening one cup of new warm mashed potatoes, one of sugar, one of fresh yeast. Keep warm over night. Add a cup of butter, three or four eggs,

sufficient flour to knead thoroughly; raise, roll out, raise again. Make a mixture of sugar and butter, spread over the top of cakes, bake. Some prefer spreading with jelly.

Cakes, Cookies, Etc.

ALMOND CAKE—Two pints flour, one pinch salt, seven ounces thoroughly powdered almonds, one-quarter pound butter, four eggs, five ounces sugar. Mix all well together and bake in moderate oven.

ALMOND CAKES—One-quarter pound sweet almonds, six bitter almonds, one-quarter pound loaf sugar, one tablespoonful of cream, white of two eggs, puff taste. Blanch and pound the sweet and bitter almonds with a tablespoonful of water, then add the sugar, cream and white of eggs. Mix as quickly as possible. Put in very small patty pans lined with puff paste. Bake in warm oven 20 minutes.

ANGEL FOOD—Whites of nine large or 10 small eggs, a pinch of salt added to the eggs, 1¼ cups granulated sugar, one-half teaspoon cream of tartar, one cup flour, one teaspoon vanilla. Beat, then add cream of tartar and beat again; sift sugar three times, add the eggs and beat as stiff as possible. Add the flour and stir as little as possible. Sift flour five times. Have a pan with little legs on top of pan so you can turn the cake upside down and let it cool. Don't grease the pan.

ANGEL FOOD—One and one-half cups of granulated sugar (measured after sifting), one cup of pastry flour, one teaspoonful cream of tartar. Sift flour and cream of tartar together eight times, then sift flour and sugar together three times. Beat the whites of 11 eggs with a wire beater until they are dry. Pour over one teaspoon vanilla, fold in the mixture of flour and sugar. Place in a moderate oven as quickly as possible and bake about one hour. The pan should have a chimney and little legs on top, so that when turned over a current of air can pass under it. Do not grease the pan. Never try to take cake out, but stand upside down until it drops of itself.

ANISE CAKES—One pound granulated sugar and four eggs (whole) stirred together for half hour. Add four drops anise oil or anise seed and beat for 15 minutes; one even teaspoon soda after having poured over it three tablespoon boiling water. When soda is dissolved add the hot soda water slowly to the creamed eggs and sugar and beat 10 minutes. Stir in as much sifted flour as you can. Flour board, put dough out on it and knead in flour until dough is stiff so as to take the print of the anise mold. When stiff enough roll out dough a little thicker than used for pies, flour slightly so as to prevent molds from sticking. Press mold on hard, so as to give good print, cut cakes apart and lay on trays to dry for two or three days. When dry enough, bake for a few minutes in a moderate oven.

APPLE CAKE—Slice good cooking apples on pie pans that have previously been greased with butter. Then make a dough by the following recipe: One cup of sugar, butter the size of an egg, one egg, one cup of sweet milk, flour enough to make a stiff batter. Drop the batter over the apples and bake 30 minutes in hot oven. Serve with sugar and cream.

APFEL KUCHEN—Mix a good tablespoon of butter into two cups of flour, in which you have sifted two teaspoons of baking powder (also two tablespoons of sugar) and a teaspoonful of salt. Beat well one egg and fill up the cup with milk. Grease a large shallow pan and spread the dough about an inch thick. Have pared, cored and quartered apples ready and press them into the dough in close, even rows. Sprinkle well with sugar and cinnamon and bake in a moderate oven half an hour. This is excellent for the little folks and good hot or cold.

APPLE SAUCE CAKE—One cup sugar, one cup unsweetened apple sauce, half cup butter, one teaspoon soda, one tablespoon warm water, one teaspoon cinnamon, one cup shopped seeded raisins. Stir well together, add two cups sifted flour, bake 45 minutes. This cake requires no milk or eggs.

AUNT BETTY'S CAKE—(Cheap and delicious)—One cup of sugar, butter size of a walnut, one teaspoon soda, one square of chocolate or a tablespoon of cocoa (put into cup and fill up with hot coffee to make one-half cup); 1½ cups flour, yolk of one egg, one cup sweet or sour milk, one teaspoon baking powder, one teaspoon vanilla. Bake 20 minutes. Use the white of the egg, with one cup of confectionery sugar for the frosting.

BREAD CAKE FOR CHILDREN—Set small batch as for bread, add one or two eggs, salt, sugar, one tablespoon butter, same lard, one-half cup seeded raisins, same currants, dust well with flour, let rise twice, bake in cake tins.

BREAD SPONGE CAKE—Two cups of bread sponge, two cups of brown sugar, one cup of butter, two well beaten eggs, 1½ cups of flour, two teaspoons of soda, one teaspoon of cinnamon, one teaspoon of cloves, one pound of raisins chopped fine, 1½ cups of which to be used for filling between the layers.

BREAKFAST CAKE—One-half cup cornmeal, one cup flour, one-half cup sugar, one cup sour milk, three tablespoons sour cream, one teaspoon soda, one-fourth teaspoon salt; bake quick.

BROWN STONE FRONT CAKE—Two squares of bitter chocolate, one egg well beaten, one-half cup of sweet milk; cook together until thick. Cool the mixture, and add to one cup of sugar, one-half cup of sweet milk in which is dissolved one rounding teaspon of soda, pinch of salt, 1½ cups flour.

BROWN SUGAR CAKE—Two cups brown sugar, one-half cup shortening (butter and lard), one cup sour milk, a pinch soda, two spoonfuls baking powder, yolks of two eggs, four cups pastry flour.

BURNT SUGAR CAKE—Three eggs, two cups sugar (one-half cup burnt), and dissolved in one cup cold water), 3½ cups flour, two teaspoons baking powder, one cup butter; bake in layers and use frosting. This cake stays moist so much longer than the usual three-egg cake does. To burn sugar take any small pan; put sugar in and, turning gas low, let it brown, then melt. It will become quite hard when browned nicely and I usually burn it the evening before or early in the morning, putting water on as soon as taken from stove to dissolve it. It has a fine flavor.

BANANA CAKE—Cream together one cup sugar, butter, the size of an egg. One-half cup milk, one egg and white of another, two teaspoons baking powder, sifted in one cup flour, then enough more flour to make a soft batter. Do not stir dough too much. Bake in two layers. Filling for same; Three-fourths cup sugar, yolk of one egg, two tablespoons flour; mix together until smooth, with a little milk, add to one pint boiling milk—until thick, then cool and put between layers; slice bananas on top and between layers, laying slices closely together. Flavor both with vanilla.

BAPTIST CAKE—Beat one-half cup butter to a cream, add gradually 1½ cups sugar, the yolks of two eggs and one cup water. Add two cups flour and beat all for five minutes, add three teaspoons caramel, one teaspoon vanilla and one-half cup flour. Beat again and stir in carefully two teaspoons baking powder and the beaten whites of two eggs. Bake in two or three layers in a moderate quick oven. Filling: Boil one cup sugar and one-half cup water without stirring until the sirup will spin a thread from the end of a fork. Have the whites of two eggs beaten to a stiff froth. stir in gradually the boiling sirup and beat until the icing is cool, then add one teaspoon vanilla and two teaspoons of caramel sirup. Spread between layers.

CARAMEL SIRUP—Put one-half cup granulated sugar in an iron or granite sauce pan. Stir continually over the fire until the sugar softens, then melts and finally becomes liquid and throws off an intense smoke. It must burn. Have ready one-half cup boiling water. Remove the sauce pan from the fire, add the water, stir rapidly and allow to boil until you have a molasses-like sirup. Bottle and put away for use. This is enough for three cakes.

CARAMEL CAKE—Two eggs, two cups sugar, one cup sweet milk, one-half cup shortening, three cups flour, two teaspoons baking powder. Icing: One and one-half cups brown and white sugar mixed, one-half cup sweet cream, butter size of walnut; boil together, till thick, spread between layers and over cake.

CITRON CAKE—One cup butter, two cups powdered sugar, rub to cream, four eggs, one cup milk, three cups flour, one-half cup corn-starch, two teaspoons baking powder, lemon flavor; cut fine one-fourth pound citron, dredge well with flour, mix with dough. This gives two loaves. Bake about 45 minutes in moderate oven.

CHECKERBOARD CAKE—Two cupfuls of sugar, one cupful of sweet milk, one-half cupful of butter or lard, 3½ cupfuls of flour with which has been sifted 2½ teaspoons of baking powder, and three eggs. Beat until the batter is smooth, divide the batter into two parts and stir into one part two tablespoonfuls of melted chocolate, mix the two parts lightly or bake separately in four layers or rings.

CHEESE CAKE— (German)—I never had very good success at making cheese cake, so I asked a German friend, who makes it fine, for her recipe. She says:

"I cannot tell you so well. You come to my house and watch me when I make some."

So I did and this is how she does it:

For the foundation of the cake she dissolves half a cake of yeast in a cupful of tepid milk and mixes it with two rather heaping cupfuls of flour. Then she adds two eggs, a saltspoonful of salt, two tablespoonfuls of butter and a teaspoonful of sugar. This mixture she works into a soft paste and sets it in a warm place to rise double its original height. Then she rolls the dough into one-fourth of an inch sheets, covers pie plates with them and sets them to rise again. Meanwhile she makes a mixture of a pound jar of fresh cream cheese, a cupful and a half of thick cream—sweet or sour—three-quarters of a cupful of sugar, three eggs, a little yellow lemon peel, grated, and two tablespoonfuls of lemon juice. A little orange water, rose water or vanilla or lemon extract is used for flavoring. The mixture is turned onto the paste-covered plates and the cakes are baked in a medium hot oven. Half a cupful of currants may be added if they are wanted.

COCOA CAKE—One cup sugar, two eggs (save one white for frosting), two tablespoons shortening, one of butter and one of lard, one-half cup cocoa dissolved in one-half cup boiling water, 2½ cups flour, one-half teaspoon soda in one-half cup sour milk, two teaspoons baking powder (stirred in flour), salt and flavor with vanilla. Bake in two layers.

COMBINATION CAKE—Mix ingredients as for white layer cake, using two eggs (for a large cake), adding whites last (well beaten). For filling and icing use confectionery sugar, cocoa and enough boiling water to soften. Spread this upon one-half of bottom layer. Now use confectionery sugar and boiling water to make filling and icing, seasoning to suit taste and spread on other half of bottom layer. Repeat process for top layer and you have a white cake and a chocolate cake in one.

COLD WATER CAKE—One and one-half cups sugar, one-half cup of butter, 2½ cups flour, two eggs, one cup of water, two teaspoonfuls baking powder. Flavor with vanilla or lemon.

COLONIAL HATS—For Washington's Birthday—These will please the younger members of the family, and could also be used at a function given for older people.

Take a cup of seeded raisins, chop fine; piece of lemon and grated rind of same, one egg, one cup sugar, pinch salt, if liked, a piece of citron, size of half a dollar. Mix well by beating thoroughly together.

Put a tablespoon of this mixture on rounds of light pie paste from six to seven inches in diameter and very thinly rolled. Fold together in three directions, so they will resemble the three-cornered colonial hat.

Leave no opening in the dough, but press edges firmly together so that not a drop of contents can escape.

Arrange in baking pan, brush over with milk in which a little sugar is dissolved, bake 15 to 20 minutes.

CRUMB CAKE—Four and a half cups flour, one cup lard, one tablespoon cinnamon, one tablespoon allspice, one nutmeg (grated), one pound dark brown sugar, one cup A sugar. Crumb all this together like pie dough, with the hands, then take out a bowlful for top of cake. Add one pint sour milk, one tablespoon soda, one box of raisins (or raisins and currants mixed). Bake 40 mnutes. Be careful not to burn. Will fill a pan 10x18 inches and is two inches deep.

CUSTARD CAKE—One full cup sugar, three eggs, two tablespoons milk or water, one full cup flour, one teaspoon baking powder. This makes three large layers. For custard filling between layers, one cup milk, one tablespoon cornstarch, one-half cup sugar (scant), butter size of walnut, flavor to taste.

CRUMMEL TORTE—Yolks of six eggs well beaten, one-half cup sugar, beat for 15 minutes. Salt. Add one-half pound dates, one-half pound walnuts, three tablespoons grated wheat bread, one teaspoon baking powder. Add the beaten whites of the eggs. Bake in two layers. When cool break in small pieces. Cover with whipped cream.

DATE CAKE—One large cup sugar, butter size of egg, one cup sour milk, teaspoon soda, pinch salt, spices to taste, two cups of flour, one pound dates, stoned, and flour; bake one hour in slow oven. This is fine.

* * *

I am sending my mother's recipe for "devil's food." It is by far the best I have used: One-half cup cocoa or grated chocolate, one-half cup sweet milk, two-thirds cup light brown sugar, yolk of one egg. Beat all together and cook until it thickens, stirring to keep from burning. When cool add to it one cup light brown sugar, one-half cup butter, one-half cup sweet milk, 1½ cups flour, two eggs, one scant teaspoon soda, dissolve in a little hot water. Bake in layers or loaf, but have a very slow fire, and if there is danger of burning on bottom, put a dish of cold water on the bottom of the oven, under the cake. If you use care you will find this very fine and not hard to make. I sometimes put pink frosting between layers and on top.

ENGLISH FRUIT CAKE—Some time ago one of the housewives gave a warning to the sisters against all fruit cake recipes that did not have molasses in their composition. Here is a recipe that was given to me by an English lady. It has been tried and not found wanting in any particular. No molasses is used in it: One cupful sugar (coffee A is best), one-half cupful butter, cream together butter and sugar; one cupful sour milk or buttermilk, two eggs, whites and yolks beaten separately; two teaspoonfuls cinnamon, one cupful currants, one cupful raisins, one-half candied lemon peel, three cupfuls flour, one teaspoonful soda and one-half teaspoonful cream of tartar sifted in the flour. Either chop fine or grind the currants, raisins and lemon peel, then dredge in flour. Add beaten whites of eggs last. I hope this recipe will be of value to some of the housewives who find it hard to obtain good molasses.

ECONOMY FRUIT CAKE—This recipe is a very good one and is especially valuable when butter and eggs are high, since it requires neither. Four cups flour, two cups sugar, three-quarters cup lard, 1½ cups sour milk, one pound raisins, one tablespoon cinnamon, one tablespoon cloves, one teaspoon spice, 1½ teaspoons soda, one teaspoon baking powder, one whole nutmeg (grated).

EGGLESS CAKE—Three-fourths cup sugar, three-fourths cup shortening, one-half cup sweet milk, one cup sifted flour, pinch salt, three tablespoons corn starch. One and one-half teaspoons baking powder and a little flavoring. This makes one nice loaf or two layers. Hope the sisters that tried my one egg cake recipe and my eggless plum pudding found them good.

EGGLESS AND BUTTERLESS CAKE—One cupful sugar, one cupful sour milk, one cupful raisins, one tablespoonful lard, two tablespoonfuls cocoa, one teaspoonful soda, three-fourths teaspoonful cinnamon, one-fourth teaspoonful nutmeg, one-fourth teaspoonful cloves, 1½ cupfuls flour. Cream lard and sugar. Dissolve soda in sour milk. Mix all well together and bake in a quick oven 15 minutes.

EGGLESS FRUIT CAKE—One cup sugar, one cup of butter, one cup of sour milk, one teaspoonful of cinnamon, one-half teaspoonful of cloves, one-half teaspoonful of nutmeg, one teaspoonful of soda, two cups of flour, one cup of raisins floured and added last. Beat sugar and butter to a cream.

EGGLESS SPICE CAKE—One cup sugar, two tablespoons butter, one teaspoon cinnamon, one-fourth teaspoon each of cloves and nutmeg, one cup sour milk, one teaspoon soda, two cups flour and one-half cup chopped raisins.

FROSTING FOR CAKE—Whites of two eggs beaten to a froth. One cup of brown sugar and one of white boiled until it strings; then beat with eggs.

FEATHER LAYER CAKE—Three eggs beaten separately, two cups sugar and one-half cup butter, creamed; one cup rich milk, three cups flour, two teaspoonsful baking powder, flavor to suit. Add beaten whites of eggs last. This makes four layers.

FIG CAKE—One cup of granulated sugar, one-half cup butter; beaten into a cream; two eggs, one-half cup milk, one cup chopped figs, one spoon vanilla, two cups flour, 1½ teaspoons baking powder mixed with the flour. Mix all together, then mix beaten whites two eggs. Bake one hour in loaf pan.

FORTUNE CAKES FOR NEW YEAR—Each of these little cakes must contain in addition to the other ingredients one of the following, all of which may be obtained in either sterling or plated silver for a trifling sum each: ring, thimble, heart, dime, horseshoe, etc. Each should be wrapped in paraffin paper and floured before being dropped into the dough or pressed into the center of each cake just before it is baked.

The cakes themselves are made by creaming together half a cupful of butter with a cupful of powdered sugar, adding the well-beaten yolks of eight eggs, a half cupful of milk and six ounces of flour with which has been sifted one ounce of cornstarch and a heaping teaspoonful of baking powder. Flavor with a teaspoonful of lemon juice and beat hard until very smooth, then bake in very small patty pans, putting a charm in the center of each. When cold ice all over with boiled icing made by boiling one cupful of granulated sugar with half a cupful of water until it spins, then pour it while hot over the stiffly whipped whites of two eggs, beating all the time. Divide this icing into four parts. Color one part pink with beet juice; one with chocolate, melting about a tablespoonful and mixing it with the icing; one yellow with grated orange peel, and leave the fourth white. After the icing has hardened, with white icing put on the colored cakes the calendar year, using melted chocolate to mark this on the white cakes. Of course, as the charms are not visible the cakes are selected at random, and whatever is found in one signifies the particular person's fortune for the coming year.

FRENCH CAKE—Two cups of sugar, two-thirds of a cup of butter, one cup sour milk, three cups of flour, three eggs, one cup chopped raisins, one teaspoonful each of soda, cloves, cinnamon and nutmeg.

FRUIT CAKE—One pound powdered sugar, one pound flour, two-thirds cup butter, six eggs, one-half pound raisins (seeded, chopped, then dredged), one-half pound currants (washed, picked over and dredged), one-fourth pound citron cut in to slips, one teaspoon nutmeg, one teaspoon cinnamon, one glass brandy. Cream butter and sugar, add beaten yolks, spice and whipped whites alternately with flour; fruit and brandy last.

FRUIT CAKE—Ten eggs, one pound butter, one pound sugar, one pound flour, one pound walnuts (leave whole), one pound currants, two pounds raisins, one-half pound figs, one-half pound dates (remove the seeds), one-half pound crystallized cherries, one-half pound almonds (blanched), one-half pound citron, orange and lemon (cut fine), one teaspoon cinnamon, one teaspoon cloves, one teaspoon allspice, one teaspoon soda dissolved in a little milk, one nutmeg (grated), two glasses of port wine poured over the citron and peel. Let stand over night.

This will make two good-sized cakes or one large one. Be careful not to burn. Bake two hours.

FRUIT AND SPONGE CAKES—Do not let any tempting recipe for fruit cake induce you to make it unless it calls for molasses. I am an old housekeeper and in my youthful days liked trying new ways but never had a satisfactory fruit cake that did not call for molasses. No one ever thought of making sponge cake in the old days unless a fresh lemon could be secured for flavoring. The old recipe for sponge cake is: One pound of sugar, one-half pound of flour, 10 eggs, the grated rind of one large or two small lemons. Separate whites and yolks, beat whites well, and add half the sugar to them, the other half stir in yolks. Then stir yolks and sugar into whites and sugar. Cut in flour slowly. Do not beat hard at any time or it will be leathery.

GINGER CAKE—One-half cup lard, one-half cup boiling water, one cup molasses, one cup brown sugar, one teaspoon soda, one teaspoon ginger, 2¼ cups flour before sifting. This looks too thin, but you will find it soft and nice, if not baked too fast. It might be well to test a little, however, before baking all, as cups vary in size. Never jar the stove when baking anything containing soda.

GINGER CAKES (Drop)—One cup of sugar, one cup molasses, one cup of lard, three eggs, one tablespoon of soda in one cup of hot water, cinnamon, five cups of flour. Drop off spoon into a hot greased pan; bake.

GLADYS' CAKE—Two cups dark brown sugar, one-half cup butter, two eggs, one-half cup sour milk, one-half cup chocolate or cocoa, one-half cup hot water, two cups sifted flour, one teaspoon soda. Cream butter and sugar together, add eggs. Pour the hot water over grater chocolate or cocoa; add this to the butter, sugar and eggs. Then add sour milk with soda in it. Then flour. Filling: Two cups brown sugar, scant half-cup butter, one-half cup sweet milk. Boil until it becomes waxy. If this recipe is followed closely it is excellent.

GRAHAM CAKE—(Without eggs or shortening)—Three cups of sifted graham flour, two cups of sifted white flour, 2½ cups of sweet milk, two cups of sugar, 1½ teaspoonsful of salt, one teaspoonful of cloves, two teaspoonsful of cinnamon, one pound of raisins chopped. (One cup of hickory nut meats may be added.) This makes a very large cake, and will keep indefinitely. Very good.

GRAHAM CUP CAKES—One and one-half cups brown sugar, two tablespoons shortening, one egg, one cup sour milk, one cup white flour, three cups graham flour, one teaspoon soda, pinch salt; flavor with nutmeg.

HEAVENLY CAKE—Ten cents' worth of walnuts and one pound of dates into six tablespoons flour, to which has been added one teaspoon baking powder. Mix with four beaten eggs, one cup sugar. Bake in loaf. Cream or chocolate frosting.

HICKORYNUT CAKE (Cheap)—Two tablespoons lard, one cup sugar, one cup sour or sweet milk. (If sour, one teaspoon soda; sweet, one heaping teaspoon baking powder.) One cup nuts chopped fine, a little salt, two cups flour.

HICKORYNUT CREAM CAKE—Mix one cup chopped hickorynut kernels with one-third cup of flour and a level teaspoon of baking powder. Beat the yolks of four eggs until light, then add half a teaspoonful of vanilla and half a tablespoonful of lemon juice. Beat the whites of four eggs until stiff and dry, then fold in a cupful of sifted granulated sugar, the beaten yolks and the nut mixture. Bake in a thick layer in a moderate oven. Beat a cupful of heavy cream until stiff and dry. Add a third of a cupful of sugar and flour with vanilla. Spread over cake and serve.

HOLIDAY CAKES—Good cake for the holidays, to be baked in a loaf and is excellent frosted with nut frosting.

One cup butter, 2½ cups sugar, one cup sweet milk, four cups flour, three teaspoons baking powder, six eggs.

Mix butter and sugar, add milk and flour with the baking powder mixed thoroughly in it, lastly the eggs broken one at a time without beating. Ingredients must be mixed in the exact order and manner given or the cake will not possess the peculiar flavor which constitutes its excellence.

Make a batter by the above recipe, divide into two parts; to one add raisins, citron and spices. Butter a long deep tin, turn the light batter in one end, in the other that with the fruit.

When baked you can cut three kinds of cake, a light loaf, a marble and fruitcake.

JAM CAKE—One cup soft white or "D" sugar, three-fourths cup butter, three eggs (leaving out white of two for icing), one small cup sour milk, one teaspoonful soda, 2½ cups flour, one teaspoonful each of cinnamon, cloves and nutmeg, one cup jam.

JELLY ROLL—Three eggs, one cup sugar, two teaspoons baking powder, one cup flour; bake and roll while hot.

JUMBLE AND GOBLET CAKE—Eight eggs, two cups of butter or lard, four cups A sugar, one teaspoonful soda, flour to make a soft dough, roll. Bake in a quick oven.

GINGER GINGER CAKE WITHOUT EGG—One-half cup sugar, butter size of egg, one half cup of molasses, one-half cup sour milk, one teaspoon baking soda, one teaspoon ginger, 1½ cups of flour. Bake in layers, put together with any kind of icing.

LADY BALTIMORE—Ingredients: Two-thirds cup butter, five eggs, two cups sugar (very light brown), four cups flour, one-half cup rich milk, two level teaspoons cream tartar and one level teaspoon soda. Mix as follows: Cream half the sugar with the butter, separate the whites from the yolks of the eggs and beat the remaining cup of sugar with the yolks until very light and creamy; then add to the sugar and butter. After a thorough beating add very slowly the milk, sift the tartar and soda twice with the flour and add to the batter, and lastly the stiffly beaten whites of the eggs. Flavor half this mixture with rose or orange flavor and to the other half add one teaspoon of powdered cinnamon, one-half teaspoon cloves and plenty of vanilla. Bake in four layers—two dark and two white.

Filling for Lady Baltimore Cake: Cut or grind fine one cupful seeded raisins, half a candied citron. Grate one fresh cocoanut, blanch and chop very fine one-half pound almonds. Make a boiled icing of one cup sugar and whites of two eggs and into it beat all the above ingredients and put between the cake layers. For the top make a plain icing and put whole almonds on end as thickly as they can stand, pushing them down into the cake layer, which should be white.

A coffee cup should be used for measuring and should be just level full.

Sometimes I just sprinkle thickly on the top of the cake a layer of powdered sugar and put the almonds in just the same.

If this recipe is followed exactly the cake is very delicious and will keep (if locked up) for months.

Two-thirds cup of butter, five eggs, two cups sugar, four cups flour, one-half cup rich milk, two level teaspoons cream of tartar, one level teaspoon soda. Cream half the sugar with butter, beat remaining sugar into the yolks of the eggs, sift cream of tartar and soda twice through the flour. Beat the eggs and sugar with the butter and sugar, and the milk slowly and finally beat in the flour and fold in stiffly beaten whites of the eggs. Flavor half of this mixture with rose; into the other half beat one teaspoon of powdered cinnamon, one teaspoon of powdered cloves and one grated nutmeg and flavor with vanilla, lemon or almond; bake in four-layer cake pans—two white layers and two spiced layers.

LADY FINGERS—One egg, one cup granulated sugar, one-half cup butter or lard (either will do), one-fourth cup sweet milk, one pint of flour, two teaspoons baking powder, one teaspoon vanilla. Beat the butter, sugar and egg together until very light add the vanilla and milk, last the baking powder and flour sifted together; cut in little strips, roll in sugar and bake in a quick oven. Use your hands to roll them, instead of the rolling pin.

LIGHTNING CAKE—One-half cup of chopped nuts, one cup sugar, one cup flour, one-fourth cup butter, one egg, one teaspoon baking powder, milk. Mix in the dry state, the sugar, flour and baking powder. Put the butter in a tin measuring cup and let it melt. Break the eggs into this butter and beat well. Add enough milk to fill the cup to the top, and pour on the dry ingredients. Beat quickly and add something to flavor the cake if you like. Pour in a buttered pan and bake 20 minutes. The material will be enough for one sheet or two round plates. This cake is very good for one egg cake, when fresh.

LEMON CAKES—One-half cup butter, two scant cups sugar, three eggs, grated rind of one lemon, one cup milk, three cups flour, one-half teaspoon salt, two rounding teaspoons baking powder. Beat the butter and sugar, add lemon rind, then eggs well beaten, milk and flour with the salt and baking powder. Bake about 40 minutes in a moderate oven and cover with lemon frosting. This will stay moist almost a week. This recipe will make a large loaf and a smaller one.

LOG CABIN CAKE—Two cups granulated sugar, two cups flour, one-half cup butter, one cup sweet milk, three teaspoons baking powder, one teaspoon lemon flavoring, three eggs well beaten. Bake and when ready to serve arrange finger strips of the cake and place them log cabin fashion on pretty plates. Fill the center with sweetened strawberries. Place spoonful of whipped cream on them, leaving the cake and berries to show in small places.

MACAROONS (Cocoanut)—One egg (well beaten), one-half cup sugar, two-thirds cup cocoanut, one cup rolled oats. Make into small, round cakes and bake in a quick oven until crisp.

MACAROONS (Hickorynut)—Whites of six eggs beaten to a stiff froth. Stir in lightly two cupfuls of pulverized sugar, two tablespoonfuls of flour, one-half teaspoon of baking powder, one-fourth teaspoon of cream of tartar, four cupfuls of chopped hickorynut meats. Drop on oiled paper placed in shallow tin and bake slowly.

MARGUERITES—Beat the whites of two eggs so stiff that they will adhere to the plate when turned upside down, then place 1½ cupfuls of granulated sugar on the stove, add enough hot water just to dissolve it, and let it boil until it will click against a glass when tried in cold water, then pour it into the white of the eggs, beating fast; add a little vanilla, and half a pound of English walnuts chopped fine; then spread quickly on unsalted crackers. Place on a pan, and brown in a hot oven; use the oblong in preference to the square crackers.

MARBLE CAKE—Two cups granulated sugar, one-half cup (scant) of butter (lard will do if necessary) beaten together; yolks of three eggs next, one cup sweet milk added next; put into the milk two teaspoons cream of tartar, next add a half teaspoon of salt, three cups flour in which mix well one teaspoon soda; then add whites of the eggs. Take one-half of this and put into it one cup raisins, one-half cup currants chopped fine, one teaspoon cinnamon, one-half teaspoon allspice, one-half teaspoon grated nutmeg. Put layer of the white in bottom of pan, then add dark to suit your fancy. It is well to add at least one teaspoon of flavor to the dark part before putting into the pan.

MINNEHAHA CAKE—One-half cup of butter, 1½ cups of sugar, three eggs, one cup of sweet milk, 2½ cups of flour and 1½ teaspoons of baking powder. Bake in three layers.

Filling: One cup of sugar with enough water to dissolve. Boil until it taffies, then stir this into the beaten white of one egg. Beat for about five minutes. Stir into this one-half cup of chopped raisins and a cup of hickorynut kernels.

MOLASSES CAKE—One teaspoonful of soda, four tablespoonfuls of hot water, three tablespoonfuls of melted butter. Put in coffee cup and fill up with molasses. Then mix enough flour with this so it is not very stiff. Then add one teaspoonful of soda, and bake slowly.

MORNING GLORY CAKE—Ingredients: Six eggs, two cups sugar (white), two tablespoons water, two cups flour, two teaspoons baking powder. Separate the eggs, save whites of two for frosting. Beat whites of four eggs to a stiff froth, add yolks, a pinch of salt, beat again, add sugar, a teaspoon of lemon or vanilla and mix well; then the sifted flour, in which two level teaspoons of baking powder have been thoroughly mixed, and last of all the water. Beat hard for a few minutes, bake in sheets in cake-layer tins. Bake only one at a time, so as to have time to shape them.

Have ready the frosting made thus: Beat the two remaining whites of eggs so they stand alone, then mix in gradually one cup powdered sugar. In another dish have red or blue sugar. When one sheet is baked take from oven, cut in four pieces crosswise. Now dip cut edges in frosting and fold together, then dip round edges first in frosting then in colored sugar. One sheet makes four morning glories.

Lay first row around edge of plate with points toward center, and fill in. This looks very pretty when put together. You can alternate if you like—have some red, some blue and some plain white.

ONE EGG CAKE—One-half cup butter, three-fourths cup granulated sugar, 1½ cups flour, one-half cup milk, one egg, 1½ teaspoons baking powder; flavor with vanilla; sprinkle over cake chopped English walnuts; dust with powdered sugar. Bake in moderate oven 25 minutes.

NUT CHOCOLATE CAKE—One cup of sugar, one-half cup of butter, one cup sour milk into which put one scant teaspoon soda, one-fourth cake melted chocolate, one egg,

two cups flour, one heaping teaspoon baking powder. Most delicious frosting: One coffeecup granulated sugar, one-fourth cake chocolate, water enough to dissolve sugar, boil until it hairs; add white of egg well beaten and beat with egg beater until fairly thick. Add one-half pound English walnuts chopped fine.

NEW ONE-EGG CAKE—I think my one-egg recipe is a little different from any published yet. One cup sugar, one heaping tablespoon butter, creamed together; flavoring, one cup milk, two cups flour, two teaspoons baking powder. When all is well mixed together add the stiffly beaten white of one egg. Will make two thick layers or three thin ones. Use yolk of egg, two tablespoons sugar, one teaspoon corn starch, mixed together and cooked in one-half cup milk for cream filling.

By adding the whole egg to the creamed butter and sugar, putting in half the milk, then half the flour, then the rest of the flour with one cup of chopped walnut meats, I have a splendid nut-loaf cake.

One cup of granulated sugar, five tablespoons of milk, let boil three minutes. Take from the fire and beat until creamy, add flavoring. This makes a fine icing for cake. I sometimes add chocolate, cocoanut or chopped raisins.

NEW IDEA JUMBLES—Two tablespoons shortening, two tablespoons molasses, one cup sugar, one egg, two-thirds cup strained cooked tomatoes, two cups entire wheat flour, one-third cup white flour, one-half teaspoon soda, spice to taste. Bake in gem pans, sprinkle granulated sugar on top. Nice if fruit is added.

ONE-EGG CAKE—One cup white sugar (scant) and one-half cup butter stirred to a cream. Add one beaten egg, three-fourths cup milk, two even cups sifted flour, which sift a second time with three teaspoons baking powder; flavoring. It can be varied by baking in two layers, both light, or spice one; in a loaf, long, square or round; made plain or with spices or nuts added; half light and half spiced and baked like marble cake; little drop cakes or any way to suit one's fancy.

OATMEAL DROPS—Three eggs, one cup sugar, one cup lard, two cups rolled oats, two cups flour, one cup raisins and currants, two teaspoons cinnamon, six tablespoons sweet milk, one teaspoon soda and a little baking powder. Drop in well-greased pan.

OLD MAID'S CAKE—One pound flour, half pound sugar, one-fourth pound butter, four wine glasses of sweet milk, half pound of raisins, one-fourth pound currants, one-fourth pound orange peel, one-fourth of a nutmeg, two teaspoons ground ginger, one teaspoon cinnamon, one teaspoon carbonate of soda. Mix well together; bake for about two hours.

ORANGE CAKE—For the cake, one cup sugar, two eggs, lump of butter size of walnut, one-half cup sweet milk, 1½ cups flour, two teaspoons baking powder (or two teaspoons cream tartar and soda. I like the cream tartar and soda best.) Bake in two or three layers.

For the filling heat one-half pint milk, moisten tablespoon flour with cold milk and add to the hot milk; stir and cook until smooth and thick; add one-half cup sugar and grated rind of one-half orange. Beat the yolks of three eggs until creamy, and add to the mixture; cook just a minute, take from the fire, add gradually the juice of one orange, strained. When cool spread between layers of cake. Any good sponge cake will answer for the cake.

ORANGE CAKE—One cup sugar, one-half cup butter, one-half cup milk, two cups flour, two teaspoons baking powder, two eggs; beat the whites of the eggs separately; flavor with orange. Bake in layers.

Orange cream for filling: Put into a cup the rind of one-half and the juice of one orange, one tablespoon of lemon juice, and fill with hot water; strain and put on to boil; add one teaspoon of corn starch, wet with cold water, and cook 10 minutes, being careful not to scorch. Beat yolk of egg with two heaping teaspoons sugar, add to the mixture with one teaspoon of butter, let cook until the butter is dissolved, and cool. Fill the cake with cream and front with orange icing.

ONE EGG FOR TWO CAKES—With white: One cup sugar, one tablespoon butter, white of one egg, one cup sweet milk, two cups flour, two teaspoons baking powder. With yolk of egg: One cup milk, yolk of one egg, one cake chocolate. Boil all together. Stir together one cup sugar, one tablespoon butter, then put chocolate, milk and yolk of egg, add two cups flour with two teaspoons baking powder.

PRESIDENTIAL JUMBLES—One-half pound flour, one pound sugar, three-fourths pound butter, three eggs. Mix well together. Add one teaspoon of carbonate of soda dissolved in one-half teacup milk. Add a little grated nutmeg, roll out dough, cut in small cakes of any shape; bake in quick oven.

POOR MAN'S FRUIT CAKE—Two cups of flour, one cup of sugar, one-half cup of lard, one cup of sour milk, one teaspoon soda, one-half cup of raisins chopped fine, a pinch of salt. Spice with cinnamon, nutmeg and cloves to suit taste.

PHILADELPHIA LOAF CAKE—One cup butter, two cups of sugar, one cup of sweet milk, three eggs, one teaspoon soda dissolved in the milk, two teaspoons cream of tartar, one quart and one-half pint of sifted flour, two wine glasses of wine, one teaspoon of cinnamon, one-half of a nutmeg, one pound seeded raisins. Stir the ingredients well together, adding the raisins just before putting in the pans. Bake in a moderately hot oven, about an hour. This will make two medium-sized loaves.

POOR MAN'S CAKE—One cup sugar, one tablespoon butter, one-half cup water, one-half cup milk, yolk of one egg (beaten before putting into cake), two level teaspoons baking powder, flour to make it medium stiff. This will make either two layers, or is splendid in a loaf. If making a loaf, beat the white of egg to a stiff froth, add one-half teaspoon vanilla, four teaspoons granulated sugar, one-fourth teaspoon baking powder, spread on cake and set in oven to brown.

PORK CAKE—A German recipe which has been in our family for years. It is very good and as it requires no butter, milk or eggs, is just right when prices are high: One pound of fat salt pork chopped or ground fine, one pound raisins, one pound currants, four cups light brown sugar, two cups New Orleans molasses, one nutmeg grated, one tablespoon all kinds ground spices, one heaping tablespoon soda in one quart hot water. Put everything in large bread pan, pour hot water and soda over it, then stir in enough flour to make medium thick batter. (You can try a little in the oven first.) This recipe makes three large cakes and will keep a long time if you let it alone, which is pretty hard to do.

POTATO CAKE—Two cups of sugar, four eggs, one cup butter, one cup chopped nuts, one-half cup grated chocolate, one-half cup milk, two cups flour, one teaspoon each nutmeg, lemon, cinnamon, vanilla, two teaspoons baking powder, two large mashed potatoes.

POUND CAKE (English)—Take one pound butter, one pound sugar, eight eggs, one pound cleaned currants, one pound raisins, chopped; one-fourth pound each candied citron, lemon, orange, one pound flour well shifted, one teaspoon each of nutmeg grated, cinnamon, allspice. Place butter in mixing bowl and squeeze all the water out, then add sugar. Work the eggs in one at a time, then beat these ingredients for 20 minutes with the hand; then put in fruit and spices and lastly flour, mixing thoroughly. Put in baking pan lined with foolscap paper, bake one hour. If made while eggs are reasonable it will be found economical, as it keeps a long time.

PRINCE OF WALES CAKE—Two cups brown sugar, one of butter, yolk six eggs, four tablespoons baking molasses, two teaspoons soda, four cups flour, one cup thick (sour) milk, one cup raisins (chopped fine), citron, nutmeg, cinnamon and cloves. Dredge the fruit in flour. Dressing for between layers: One cup sugar, boil until it will harden, whites of two eggs beaten, and one cup chopped raisins.

PUFF CAKE—Two cups soft white sugar, one-half cup butter, one cup milk, 2½ cups flour, three level teaspoons baking powder, whites of four eggs beaten.

QUICK COMPANY CAKE—One of the most simple, cheap and good cakes is the following: Take one egg, break in a cup, fill up with sweet cream; beat thoroughly; add cup fine white sugar, tablespoon of butter, 1½ cups flour, sifted with large teaspoon baking powder. This will make a thin batter, but will not fall. Make an icing with one-fourth cup white sugar made into a threaded sirup and the beaten white of one egg. Beat until ready to spread and mix cocoanut in the frosting; also sprinkle on top (any flavor). Chocolate can be used. This is my quick company cake.

RAISED CAKE (the kind mother used to make)—Two cups bread dough (taken when ready for tins), one cup sugar (if granulated, scant measure), one-half cup lard or butter (if lard, add pinch of salt), one-fourth teaspoon soda, one egg, cinnamon and raisins . Mix well with hands, let rise and bake in moderately hot oven.

RAISIN STIR CAKE—One cup sugar, one cup sour cream, two eggs and nutmeg, one teaspoon soda and about two or three cups flour. Do not make too stiff.

ROUGH-AND-READY CAKES—Two cups molasses, one cup lard, one-half cup sour milk, one heaping teaspoon soda, one tablespoon ginger, flour enough to roll, a few drops lemon extract; roll in thin sheets, place in cooky pans, moisten top with molasses and water (half and half) and bake.

RUSSIAN ROCKS—One and one-half cups brown sugar, one cup butter (or butter and lard mixed), stir until well blended, then add three eggs; stir well, one tablespoon cinnamon, one teaspoon (level) soda dissolved in one-third cup hot water, 1½ cups raisins, two cups nut meats (left whole), both well floured; add nuts and raisins last. Bake in pans, one teaspoon of batter at a place. Will make 70 drop cakes or Russian Rocks.

ROLL JELLY CAKE (Fine!)—Two eggs well beaten, two-thirds cup sugar, four tablespoons milk, one spoon melted butter, one even cup flour, 1½ teaspoons baking powder. Bake in square tin, turn bottom side up on cloth, sprinkle with powdered sugar, roll when spread with jelly which is soft.

SPONGE CAKE (Rolled, with Custard Filling)—Three eggs (yolks beaten very light), one cup of sifted white sugar, two tablespoons cold water, a pinch of salt, one teacup flour, one teaspoon of baking powder. Bake in shallow pans well greased. Turn out on a damp cloth and put together at once with this filling: Beat one egg and one-half cup sugar together, add one-fourth cup of flour, wet with a little milk, stir this mixture into one-half pint of boiling milk. Make filling before cake, so you may spread on cake and roll at once.

SOUR MILK CAKE—Two cups brown sugar, half cup butter, one cup sour milk, one cup sour cream, four cups flour, three teaspoons soda, one teaspoon cinnamon, allspice and nutmeg, one cup raisins, two cups currants.

SOUR MILK CAKE—Two eggs, one cup sugar, one cup sour milk, one cup shortening, two cups flour, one teaspoonful soda, one teaspoonful cinnamon, one teaspoonful nutmeg, one teaspoonful cloves, one cup chopped raisins. Make in layer or loaf.

STRAWBERRY CAKE—One cup sour milk, one cup Orleans molasses, one cup sugar, one cup lard, two eggs, two teaspoons ground cloves, nutmeg, cinnamon, two of soda. This recipe will make two small cakes of three layers or one very large one. Place the layers together with strawberry jam or any other jam; frost top.

SUNSHINE CAKE—Beat yolks seven eggs very light; add one cup fine granulated sugar; beat while adding sugar. Beat whites very stiff, add quickly to yolks and sugar; then add two-thirds cup pastry flour sifted six times, with one heaping teaspoon cream of tartar. Bake as angel food.

SHORTCAKES (Drop)—Four teacups of flour, three even teaspoons of baking powder, one heaping tablespoon shortening, one teaspoon salt. Rub the shortening in the flour, then use a spoon and mix with milk to a very stiff batter. Bake in a hot oven in gem pans. Eat hot with butter.

SHORTCAKE (Peach)—One egg, one-half cup of butter, one cup sugar, one cup milk, 2½ cups of flour, two teaspoons baking powder, a little flavoring. Cream butter and sugar, add the egg and beat well, then add the flavoring. Stir in the milk, add flour and baking powder; mix well so batter will be real stiff. Prepare a deep round dish, well buttered, with canned peaches spread carefully in bottom of dish. (Be sure to drain the peaches first.) Have peaches in dish heated in oven thoroughly before dropping the batter in. Bake 40 minutes. Turn cake upside down; when cool enough remove from dish. Serve with cream.

* * *

Canned peaches make a fine shortcake. Make a crust by beating one egg, add one cup of water, a tablespoon shortening, pinch of salt, teaspoon baking powder, flour to make good paste. When done cut in two—that is cut all around to make an upper and lower crust—spread with butter and lay the peaches on the lower crust. Save the juice in the can, and pour over each piece in serving.

* * *

SHORTCAKE (Peach Cream)—One quart canned peaches turned in sieve to drain juice off; mash fine and sweeten to taste. Make two rich crusts in jell pans, same as for pies. Have half pint cream whipped stiff, put just a little sugar in it. Put layer of peaches, layer of cream, another crust, a layer of peaches and last a layer of cream. Do not make cake the day before you want to use it, as it soaks the crust.

SHORTCAKE (Strawberry)—One egg in cup, beat till light, fill the cup with milk; two cups flour (not heaping), two teaspoons of baking powder; last of all five teaspoons melted buter. Bake in one long layer, butter top but don't put the fruit on till ready to serve.

* * *

One cup milk, three level teaspoons baking powder, one teaspoon salt, one-half cup butter, flour enough to make a soft dough; roll out one inch thick. Butter the top and turn half over; spread butter on the top and cut out with a bis-

...nd bake. When ready to serve break open the ... cover with slightly crushed strawberries sweeten... sweet cream. * * *

One and one-half cups flour, one-half cup cornstarch, pinch of salt (or about level one-half teaspoon), one-third cup of butter, two good teaspoonfuls baking powder. Milk to make thin batter. If desired an egg can also be added, but it is not necessary, as it is so nice without.

* * *

Beat three eggs with one cup of sugar till they thicken, add a half cup of hot water and the grated rind of half a lemon, then put in one cup of sifted flour, one-third teaspoon salt and one teaspoon baking powder, folding these in lightly. Bake after sprinkling powdered sugar over the top. When done cut in half, and put crushed and sugared strawberries between (or peaches) and serve with whipped cream (chilled if possible). * * *

SNOWBALLS—One-half cupful water, one cupful sugar, one-half cupful milk, 2¼ cupfuls flour, 2½ teaspoonfuls baking powder, whites of four eggs; cream butter, add sugar gradually, then milk and flour, whites of eggs beaten stiff; last of all, baking powder. Steam 35 minutes in buttered jelly glasses. * * *

One and one-half cups granulated sugar, one-half cup butter, one cup sweet milk, three cups flour, three teaspoons baking powder, whites of four eggs. Cream sugar and butter; beat whites of eggs to stiff froth and add last. Bake in deep, square tin. Cut in two-inch squares, frost all sides and roll in cocoanut. * * *

SNOW CAKE—One cup granulated sugar, one tablespoon butter (or half lard), one tablespoon vanilla, one cup milk, two cups flour (sifted three times), two heaping teaspoons baking powder, two tablespoons snow. (Put snow in last, in place of eggs.)

SPICE CAKE—One and one-half cups brown sugar, one-half cup butter, three eggs, one-half cup sour milk, two cups raisins (chopped), one teaspoon soda, one teaspoon cinnamon, one teaspoon cloves. Mix rather stiff; bake in loaf. This is fine.

SPICE CAKE (Spanish)—One egg, one-half cup lard and butter, one-third cup dark molasses, one-half cup sugar, one scant teaspoon each of ground cloves and cinnamon; mix these together, then add one cup sour milk, one-half cup raisins and flour to make a stiff batter (raisins should be stirred in with flour); lastly, heaping teaspoon baking soda, mixed with two tablespoons sour milk. This recipe makes nice gingerbread if a scant tablespoon of ginger is used in place of cloves and cinnamon and omit raisins.

SPONGE CAKE—This is the simplest, yet most delicious sponge cake there is: Yolks of four eggs and 1¼ cups sugar beaten light. Rind of one lemon and juice of one-half lemon. Add one cup flour. Fold in whites beaten to froth, then one half cup flour with two teaspoons baking powder. Bake one-half hour in moderate oven.

Three eggs beaten 3 minutes, then add 1½ cups granulated sugar and beat lve minutes more; add one cup flour and beat one minute, then add one-half cup warm water, stir lightly, then add another 1¼ cups flour and 1½ teaspoons baking powder; stir briskly before putting into tins. Bake in either loaf or layer tins. Ice cream frosting: Cream together two cups confectioner's sugar, two tablespoons butter; when creame good beat the white of one egg stiff, add creamed sugar and butter, one tablespoon vanilla. Fine for dark cakes.

* * *

SPONGE CAKE (Choco' te)—Beat three eggs well, gradually adding one large cup sugar; to 1½ cups flour add salt spoonful salt and 1½ teaspoons baking powder; sift at least four times. In a large cup of boiling water dissolve two heaping tablespoons bitter chocolate; when dissolved add one-fifth teaspoon soda, then, alternately, a little at a time, beat the flour and chocolate mixture into the eggs. Flavor with vanilla. May be baked in a loaf or two layers.

SPONGE CAKE (Water)—One cup sugar (scant), six tablespoons cold water, two eggs, 1 1-3 cups flour, one tablespoon lemon juice, two teaspoons baking powder. Beat the yolks of the eggs, add sugar and beat again, add lemon juice and water, then flour and baking powder, and lastly the whites of the eggs beaten stiff.

SPONGE CAKE WITHOUT BUTTER—Velvet sponge cake: Five eggs (reserve whites of two eggs for icing), two cups sugar. Beat sugar and eggs together until light. Two cups flour. Mix in one cup of flour, then the other, with two teaspoons baking powder. Last, one scant cup of boiling water, stirred in very gradually. Bake in layers or in sheet pan.

SPONGE CAKE—(Velvet)—Separate two eggs, beat the yolks to a light cream in a mixing bowl, and the whites in a separate dish until very stiff. Add gradually one cup sugar to the yolks. Sift one heaping teaspoonful of baking powder with a heaping cup of flour. Add a pinch of salt, stir into the other ingredients, then add one-half cup of boiling water. Add a teaspoon of lemon extract. Beat well, and lastly fold in the whites of the eggs.

* * *

Sift together four times one cup granulated sugar, one cup of flour, one teaspoonful baking powder and a pinch of salt. Beat three eggs very light and four tablespoons of milk. Flavor with vanilla, and bake in gem pans.

* * *

SPONGE ROLL—Three eggs, 1½ cups granulated sugar, one cup sifted flour, one-half cup water, another cup of sifted flour with two teaspoons baking powder, vanilla and pinch of salt. Good chocolate icing: One-half cake chocolate or less, two-thirds cup sugar, one-half cup milk or cream. Boil and stir to a paste. If granulated sugar is used be sure it is well dissolved before boiling.

TEA CAKE—Two eggs, one cup of sugar, one-half cup of butter; beat all to a cream. Add two-thirds cup of sweet milk, one-half teaspoon vanilla, one heaping teaspoon baking powder, two cups flour; put in long baking tin about one inch thick. Sprinkle over top with this mixture; three tablespoons granulated sugar, one teaspoon cinnamon, one-third cup English Walnuts ground fine (or any other nuts preferred). Bake in moderate oven.

TEA CAKES—One cup sugar, one-half cup butter, two eggs, one-half cup milk, two cups flour, one teaspoon baking powder, one teaspoon vanilla; bake in gem pans. We have added chopped nuts to this also. It can be made into loaf cake or baked in square layer-cake pan, to be iced and cut into squares.

THANKSGIVING CAKE—Two cups of powdered white sugar, three-fourths cup butter, well-beaten yolks of six eggs, one cup sweet milk, 3¼ cups flour one level teaspoon soda, two teaspoons cream of tartar, white of four eggs beaten added last. Bake in four layers.

For icing: Two cups granulated sugar, four tablespoons of hot water, boil until it threads, beat until it begins to get thick then divide in two parts, add chopped figs to one part, cocoanut to the other, alternate the layers with figs and cocoanut beginning with figs, finishing up with cocoanut.

THREE-PLY CAKE—One-half cup butter, two cups sugar, three cups flour, one cup cold water, three eggs, three teaspoons baking powder. Take out about one-third of the dough, then add to this all kinds of spices, one cup raisins, one cup currants, one tablespoon molasses. Bake in three layers. Put dark layer in middle.

TWO-MINUTE CAKE—Beat one egg well, in a teacup, fill the cup full with cream (either sweet or sour), one cup sugar, one teaspoon soda (if sour cream is used; baking powder or soda and cream of tartar if sweet cream), flour and flavoring; bake in loaf, layer or cups.

VARIETY CAKE—Two cups sugar, one-fourth cup butter, two eggs, one cup sweet milk, two teaspoons baking powder, three cups flour. Take nearly half the batter and add one cup of chopped raisins, two tablespoons molasses, one teaspoon nutmeg. Bake three light layers and two dark ones; bake good.

WATERMELON CAKE—One and one-half cups sugar, 1½ cups sweet milk, 1½ cups butter, whites four eggs well beaten, two teaspoons baking powder sifted with 3½ cups flour; this makes three layers. Take out enough batter for one layer, color red with red sugar. Pour boiling water over handful of raisins, let stand a few minutes, drain and stir them in red batter for middle layer. Flavor to taste. Frost with green frosting colored with green sugar or fruit.

WHIPPED CREAM CAKE—Beat four eggs light, add two cupfuls of "A" sugar, then beat again until light. Add two cupfuls of flour, in which two heaping teaspoonfuls of baking powder have been mixed. Add last of all, two-thirds of a cupful of boiling water.

This cake should be baked one day before using.

In cutting cake notch one side so that it can be properly replaced. Cut into five layers and fill in with the following mixture: One pint of whipped cream, two teaspoonfuls of sugar, vanilla to taste. Then replace layers. Add the whipped cream just before serving. Bake in a round tin in a slow oven.

WHITE CAKE—One cup granulated sugar, one-half cup butter, one-half cup sweet milk. Beat the butter and sugar to a cream. Next take three-fourths cup cornstarch, not quite a cup flour, one teaspoon baking powder sifted all together. Add last whites of three eggs beaten stiff. Flavor to taste. This makes two nice layers.

WHITE CAKE—Two cups sugar, one-half cup butter, one cup milk, whites of three eggs, 2¾ cups flour, one teaspoonful vanilla, three teaspoonfuls of baking powder; bake in three layers. Frosting. One cup of sugar, one-half cup water, boiled till it spins a thread. Then beat in the white of one egg beaten stiff. Beat till nearly cold, then spread on cakes.

XMAS MARBLE CAKE—Light part: White sugar, 1½ cups; butter, one-half cup; whites two eggs; sweet milk, two-thirds cup; three cups flour sifted; two teaspoons baking powder. Dark part: brown sugar, 1½ cups; lard, one-half cup; yolks two eggs; sour milk, two-thirds cup. Spices: one small teaspoon each of cinnamon, cloves, allspice; one-half teaspoon cocoa, three cups flour, one-half teaspoon soda, one teaspoon cream tartar. Bake in layers or loaf.

CAKE HELPS

MAKING OVER CAKE THAT IS TOO RICH—I have tried this with devil's food and fruit cake, both with fine success. Scrape cake back into the mixing bowl, add enough water and milk to bring it to the consistency it was when you put it in the oven; then add one-half cup sweet milk and one cup flour with one and one-half teaspoons baking powder sifted in it. Stir all well put back in pans and bake. To fruit cake add sour milk and let stand over night; in the morning stir till smooth, add a cup of sour milk and two cups flour, one-half teaspoon soda; mix all well and bake.

IN MAKING CAKE for immediate use, a nice way is to take the white of one egg, beat to a froth, then take three tablespoons of pear or apple butter, mix with white of egg; it's most delicious.

WHEN A CAKE recipe calls for two eggs and eggs are high, use one egg and sift one tablespoon of cornstarch with the flour.

DID YOU EVER TRY DIPPING spoon in milk or water when making drop cakes or muffins? The batter will not stick to the spoon and you can get your cakes even sized.

WHEN CCREAMING BUTTER and sugar for cakes and cookies (in cold weather), add two tablespoons boiling water, then deduct this amount from other liquids used, beat hard with a spoon and mixture will become a light, creamy mass in one-third the time it would otherwise take.

TO PREVENT CAKES FROM BURNING—It is not generally known but to prevent cakes from burning place a little bran at the bottom of the tins, this will save a lot of grumbling and vexation.

IF CAKE STICKS—Many cooks have trouble in getting a cake out of the tin even after well greasing the pan. The following method never fails: If the cake sticks after you have turned the pan bottom side up, wring a cloth out in cold water and lay it over the bottom of the tin while the latter is still hot. Let it remain for a few seconds, then remove it and your cake will come out easily without breaking.

TO KEEP FROM STICKING—In baking a cake, put tissue paper in bottom of pans to keep from sticking.

TO KEEP CAKES from sticking, grease tins with lard, then sprinkle with flour.

BURNT CAKE—The best bakers will sometimes be unfortunate enough to let cake burn on bottom. If such be the case take ordinary grater, such as used for grating chocolate, etc., and rub briskly on cake while still hot; it will remove all burnt part, and cake will be left a nice brown without any burnt taste.

TO KEEP CAKE—If a few slices of bread are kept with cake the cake will draw the moisture from the bread and no trouble will be found in keeping the cake as long as fresh bread is kept with it. Keep an apple with fruit cake.

SLIPPERY LAYERS—In order to keep layer cake from slipping apart after being iced, put a toothpick at each corner, but do not fail to remove them after it is cold.

TO DISTRIBUTE FRUIT WELL IN CAKE—Put nearly half the batter in the tin before adding fruit, then put the fruit in remaining batter and put on top of the other. The result is a rich cake with the fruit distributed evenly and much more satisfactory than dipping the fruit in flour.

CAKE TINS—When you have not enough batter to fill all the cake tins, put a little water in the remaining empty ones and prevent them from burning. Try this and see how convenient it is.

STALE CAKE—Break cake up in dish drop a little fruit jelly over cake, then put two cups milk in saucepan, a pinch of salt, one cup sugar, yolks two eggs; beat yolks and sugar together; good tablespoon flour stirred with cold water. When milk is hot stir in yolks and sugar, careful not to burn. Then add flour; boil till thick; when partly cool add teaspoon vanilla and pour over cake. Use whites for frosting.

WHEN BAKING loaf or fruit cake, it is apt to rise in the middle too much to look nice. Make it higher around edge of pan than in the center when putting it in to bake.

MOIST CAKE—A cup of sour milk with one-fourth teaspoon soda dissolved in it makes a cake better and it will keep moist longer than when using one cup of sweetmilk. Use baking powder just the same.

Also cocoa or ground chocolate is best for chocolate or devil's food cakes. It should be added last of all ingredients to avoid the specks that are found in the cake when otherwise used.

COFFEE CAKE.

CINNAMON CAKE—One-half cup butter, one cup sugar, one or more eggs (well beaten), one pint milk, one teaspoon ground cinnamon, three cups flour (having mixed in two heaping teaspoons baking powder); stir well, bake in square pans in moderate oven. Have ready one-fourth cup melted butter with sugar and cinnamon mixed to spread on as soon as taken from oven.

CINNAMON LOAF—Something the children enjoy: In the morning when you have your bread mixed stiff, take off a piece of dough the size of a tin cup. Sift two cups of flour in a pan, lay dough in, then add one egg, one heaping tablespoon butter, one cup brown sugar; mix and knead like bread, roll about 1½ inches thick; place in buttered pan until quite light, then spread with soft butter and brown sugar. Bake one hour in slow oven.

COFFEE CAKE—One cup sugar, two tablespoons shortening, one cup sour milk, one-half teaspoon soda, one tablespoon lemon extract. Stir in flour enough to make soft batter; pour in small dripping pan or biscuit tin. Cover top with bits of butter, and sprinkle with cinnamon and sugar. Bake until good and brown.

EGGLESS COFFEE CAKE—One cup each of brown sugar, lard, cold coffee (cereal coffee may be used), N. O. molasses, sour milk and raisins. One teaspoon ground cinnamon, one-half teaspoon ground cloves, one (heaped) soda, dissolved in sour milk; three cups flour. Cream sugar and lard, add other ingredients, except raisins. Beat thoroughly, add raisins with light strokes, and bake in slow oven. This makes two loaves.

FRENCH COFFEE CAKES—Three-fourths cup of sugar and one-half cup butter creamed two eggs beaten light, three-fourths cup of milk; add two cups of flour in which two teaspoonfuls of baking powder have been sifted. Stir thoroughly. Put ground nuts, sugar and cinnamon on top of cake before baking.

GERMAN COFFEE CAKE (Zimmet kucken)—Dissolve one cake yeast in one-half cup warm water and let rise. Put into large bowl, one pint warm milk, one-half cup sugar, one cup shortening (half butter and half lard), one egg, two teaspoons salt; add yeast, beat well, then add three pints warm flour (scant). Then beat well with hands; let rise for about four hours. Have pans well greased. Take portions of dough and place in pans, then spread out evenly with hands about three-quarters inch high. Let rise again for one hour. Melt butter and spread over kuchens. Mix brown sugar, cinnamon and chopped nuts and sprinkle over them. Bake about 20 minutes in moderate oven.

GERMAN COFFEE CAKE (first prize winner at food show)—Dissolve one cake yeast in one-half cup warm milk with one-half teaspoon sugar. Put one quart sifted flour in baking bowl, make a little hole or well in center and make a dough with one cup of milk and dissolve yeast. Let rise for about one-half hour in a warm place. After it has risen mix one-quarter pound butter, two eggs, 1½ cups sugar, two teaspoons salt and grated rind of one-half lemon to flavor. Add more milk to make a dough not too stiff, let rise for one hour. Then put it in cake tins and let rise for 15 minutes in a warm place. Then beat one egg to spread over top of cakes and mix 1½ cups sugar, one-half cup flour, one tablespoon butter: mix until it crumbles, then spread over cakes. Bake in a moderate oven for about 20 minutes. This makes about four nice coffee cakes.

QUICK COFFEE CAKE—A delicious coffee cake is made by creaming one-fourth cup of butter with one cup of sugar; add one beaten egg; one-half cup of milk, a saltspoon of salt and 1½ cups of flour sifted with one good teaspoon of baking powder. Bake in a flat tin, pouring the batter less than an inch thick. Dot with bits of butter the size of a pea and sprinkle with sugar and cinnamon.

COOKIES.

ANISE SEED COOKIES—One pound powdered sugar, four eggs, one pound flour, one-quarter teaspoon baking ammonia. Beat yolks and whites of eggs separately. The whites must be beaten to a stiff froth; then add yolks and whites to sugar; beat this one-half hour, add flour and baking ammonia. This will make a stiff dough. Roll out and cut any desired shape you wish. Then lay them on a clean cloth, sprinkling with flour, to dry over night. Next morn-

ing sprinkle pan with flour and anise seed, put cookies in and bake in moderate oven. These cookies should lie at least one week before eaten. This is the German cooky recipe.

ANISE SEED COOKIES—Eight cups flour, three teaspoonfuls baking powder mixed; four cups sugar, a little salt, five cents' worth anise seed picked out one by one and washed, as they are dirty. Mix all thoroughly, then take one pound best lard or more, if needed very rich. Mix the same as pie crust. Add two eggs well beaten, two cups milk. This recipe will make about 400 cookies. Roll very thin. Bake in moderate oven.

ANISE SEED COOKIES—Two cups sugar, one cup butter, two cups milk, three eggs, two teaspoons baking powder, one teaspoon even full of anise seed. Flour to roll.

CARAMEL COOKIES—One-half cup of butter, one-half cup of lard, one cup of sugar, two eggs, five tablespoons of sweet milk, small teaspoon salt, two cups rolled oats, two cups of flour, and one teaspoon cinnamon, a pinch of cloves, three parts of a teaspoon of soda. Mix this up and drop by bits on the pan.

CHEAP COOKY RECIPE—One egg, one cup sugar, big tablespoon lard, one cup sour milk, one level teaspoon soda, level teaspoon salt, one teaspoon vanilla. Roll out as soft s possible, sprinkle sugar on top and then roll rolling pin er to make the sugar stay on. Bake in quick oven.

CHOCOLATE COOKIES—One and one-half cups granu- ed sugar, one cup lard, one cup sour cream, one egg, one aspoonful soda; mix to a stiff dough, then grate one cup baker's chocolate; melt by placing cup in dish of boiling ter. When melted work into dough, roll thin, cut with ky cutter and bake in quick oven.

CINNAMON CRISPS—One-third cup butter and lard mix- half cup sugar, one teaspoon cinnamon, one and one-half s flour, one teaspoon baking powder, one-quarter cup of ilk. Mix all together, but use enough milk to make a soft ough that can easily be rolled out. Roll very thin, cut into squares, bake on greased pans about 10 minutes in moderate oven.

COCOANUT COOKIES—One cup sugar and one cup butter creamed together, two eggs well beaten, one-half cup milk, one tablespoon baking powder, one cup shredded cocoanut. Add flour enough to roll quite thin. Bake a light brown.

CREAM COOKIES—Here is a recipe for delicious cook- s, which I am sure when once tried will always be used. They are wholesome, easy to make and very inexpensive. To one cupful of sour cream and one teaspoonful of soda, one cupful of sugar and a little salt. Flavor with anything to suit the taste. Use flour enough to work, roll thin and bake in a quick oven.

DROP COOKIES—One egg, one-half cup shortening, one cup sugar, one-half cup molasses, one-half cup sweet milk, one-half teaspoon soda, one teaspoon each of ginger and cinnamon, three cups of flour, one-half cup of currants. Drop on tins and bake.

EGGLESS COOKIES—I have a good eggless recipe for cookies, which I would like you to try: One cup brown sugar, one cup lard, one cup molasses (New Orleans), one-half cup boiling water, two teaspoons soda, one teaspoon cinnamon, one teaspoon ginger, flour enough to make soft dough.

* * *

Cream scant three-fourths cup lard with one cup sugar; add one cup buttermilk in which dissolve one teaspoon soda, one teaspoon lemon or vanilla extract, salt to taste and flour to stiffen. Roll out quite thick and bake in a quick oven.

* * *

FRUIT COOKIES—Two cups brown sugar, one-half cup butter, two eggs, three-fourths cup sour milk, one even teaspoon soda in milk, one even teaspoon baking powder in enough flour to handle dough, one-half teaspoon each of cloves, cinnamon, allspice, nutmeg. Roll, bake in hot oven. Raisins or currants or both can be used with good results.

GINGER COOKIES—One cup sugar, one cup butter (or one-half lard and one-half butter), one cup molasses, one egg, one tablespoon vinegar, one tablespoon ginger, one teaspoon cinnamon, one teaspoon soda dissolved in a very little boiling water. Mix like cooky dough. Bake in moderate oven as they burn very easily on account of the molasses.

GINGER COOKIES (Drop)—One cup sugar, two tablespoons butter, mix well; one beaten egg, one teaspoon soda; two cups graham flour, mixing part of it with one cup of seeded raisins cut fine. Drop on a tin and bake, after which sprinkle with sugar.

GINGERSNAPS—Two cups molasses, one cup lard, one-half cup sugar, one teaspoon soda, one tablespoon ginger, flour enough to make soft dough; roll thin, cut as for cookies and bake.

GERMAN CRUMB COOKIES—Two eggs, one cup light brown sugar, one cup bread crumbs, one cup chopped walnuts, one-half teaspoon each of cinnamon, allspice and cloves. Mix in order named and drop on greased pans by spoonful.

HONEY LEPP KUCHEN—One pound of brown sugar, one-half pint of honey, one-half pint of syrup, one wine glass of brandy, one rind of orange and lemon, five cents' worth of citron, one cup of nut meat, one-half teaspoon each of cinnamon, allspice, cloves and nutmeg. Heat this up. Then add one teaspoon of soda dissolved in a little warm water. Stir in four pounds of flour. Roll out while hot, cut and freeze over night.

HERMITS—Three eggs, 1½ cups sugar, 2½ cups flour, ½ cups raisins (chopped), 1½ teaspoons soda (dissolved in one tablespoon of hot water), a pinch of salt, one teaspoon of grated nutmeg, one pound of English walnuts (broken in pieces), one wine glass of sherry. Drop from a teaspoon into a well-greased pan, shape quickly, or add a little more flour, roll out and bake. Best when a month old.

LEMON COOKIES—One cup lard, three eggs, two cups sugar, one tinful sweet milk, five cents' worth baking ammonia, five cents' worth lemon oil. Put baking ammonia in cup, pour enough lukewarm water over it to all dissolve. Have used this recipe for years and it is fine.

MOLASSES COOKIES—Two eggs, one cup sugar, two cups molasses (N. O.), one heaping cup lard, two-thirds cup sour milk, two teaspoons soda (one in milk, one in the molasses), mix soft, roll and bake in rather quick oven, then cut in squares.

NUT COOKIES—One pound light brown sugar, one cup lard, two well-beaten eggs, one cup sour milk, one heaping teaspoon soda, one cup chopped hickory nuts, flour enough to roll out, salt. Bake in a quick oven.

One cup of sugar, one cup of butter, two eggs beaten together (yolk and white), one pint of flour, three-fourths teaspoon of cinnamon, two teaspoons of baking powder, one teaspoon of vanilla. Make into fingers, brush with white of egg slightly beaten, sprinkle with chopped nuts and bake.

* * *

OATMEAL COOKIES—Two cups oatmeal, one cup milk, one cup sugar, one cup lard, three cups flour, three teaspoons baking powder, salt and any flavoring; roll thin; for the filling one pound dates, seeded; one cup sugar in enough water to cook dates until tender, which takes only a few minutes. Take a cooky, spread on the date mixture, put another cooky on top and bake. These are fine.

PLAIN LEPP COOKIES—One pound of brown sugar, one pint of molasses, one-half cup of lard, one-half cup butter, one glassful of half water and half whiskey, two eggs, a little salt, four even teaspoons soda stirred in molasses, one teaspoon of all kinds of spices, one cup of hickory nuts, one tablespoon of anise seed, flour for stiff batter. Let dough stand over night. These cookies are fine when a month old.

PEANUT COOKIES—Two tablespoons butter, one-fourth cup sugar, one egg, one teaspoon baking powder, one-fourth teaspoon salt, one-half cup flour, two tablespoons milk, one-half teaspoon lemon juice, one-half cup peanuts chopped fine. Drop by the teaspoonful on an ungreased tin and bake in a moderate oven from 12 to 15 minutes.

PFEFFERNUSSE OR SPICED NUTS—One pound of flour, one pound of fine sugar, four large eggs, three ounces of citron, rind of one lemon, one teaspoon of cinnamon, cloves and allspice, one teaspoon of baking powder, one cup of nuts (not chopped too fine). These cookies are better when old.

RAISIN COOKIES—One cup melted lard, two cups sugar, a pinch of salt, one teaspoon soda in one-half cup of hot water and fill the rest with sweet milk; one cup of raisins, one teaspoonful of cinnamon, one teaspoonful of cloves, one teaspoonful of baking powder and a little nutmeg, two eggs beaten light.

RING COOKIES—Roll out a sheet of white dough, one of pink and one of yellow cookie dough, place one upon the other and roll like jelly cake; cut off slices from the end of the roll and bake. Another way is to cut in strips and bake.

SPRINGERLIS—One pound of pulverized sugar, four eggs (stir one hour steady), a pinch of soda, butter the size of hickory nut, flour to roll stiff. Roll out in forms day before baking. These are made in wooden forms or designs.

SUGAR COOKIES—One cup lard, two cups sugar, one or two eggs (are good without), one cup milk, either sweet or sour; one teaspoon soda, a little salt, nutmeg. Mix as little flour as possible. Bake in a quick oven.

CRACKERS

...p butter, one cup granulated sugar, yolks three ...two teaspoons vanilla, two teaspoons baking powder, ... teaspoons sweet cream. Flour enough to roll dough ...ell. Beat white of egg and brush over dough. Sift pow...tered sugar over afterward. Cut out, bake in fairly hot oven.

WHITE COOKIES—I am giving a recipe for white cookies which are simple to make but excellent: Two cups sugar, two-thirds cup butter, three eggs, one teaspoon va...illa or lemon, two teaspoons baking powder, 10 tablespoons sweet milk, flour to roll thin. Sprinkle sugar over the top before baking or, if desired, raisins may be used. If cookies are baked on the bottom of the pans they will bake much better and more evenly.

WINTER COOKIES—When butter and eggs are scarce and high, I have splendid luck with this recipe: 1½ cups sugar, one cup sweet milk, one cup shortening (I use mostly lard), one teaspoon soda; flavor to suit taste. Roll out a little stiff.

COOKY HELPS.

LEPP KUCHEN OR GERMAN COOKIES—Prepare your dough after the recipe, cream butter and lard together with the brown sugar; add beaten eggs, then molasses with four even teaspoons of soda stirred in that; then the water and whiskey, a little salt, then spices, chopped nuts (which I flour first), then anise seed, then the flour. Make a stiff dough, let stand over night, next day roll out, cut as you desire, like any other cooky, then bake. The Germans usually bake these cookies a month or two before Christmas, making them delicious for Christmas. First they become hard, then soft.

TRY BRUSHING each cooky with a soft cotton cloth dipped in sweet milk, sprinkle with sugar and, when baked, you will find they are much lighter and nicer for the extra trouble.

TO MAKE COOKIES look dandy put the white of egg beaten just a little on top. Spread it and sprinkle with granulated sugar.

NICE COOKIES—My mother always said, "If you want cookies or jumbles to have a rich crackled look when baked, always rub the butter into the flour, as in pie crust, and then add other ingredients." If you use the ordinary recipe of one cup butter, two of sugar, one of milk, etc., begin with four cups flour and add more if necessary before rolling out. None of the modern cooks seem to know this, and it may help a young housekeeper who is not satisfied with the looks of her cookies.

ROLLING COOKIES—If a clean cheese cloth is spread over the mixing board and well floured, cookies may be rolled in a much softer dough than otherwise.

RICH COOKIES—In making cookies or jumbles always mix butter with flour, as for pie crust, if you want rich, tempting-looking cakes.

TO BAKE COOKIES IN GASOLINE OVEN—As nice cookies can be baked in a gasoline oven as in a range if the pans are turned upside down and the cookies placed on the bottom of the pan to bake.

WHEN I BAKE cookies I like to make two kinds, baking the white ones first and using the same pans for ginger ones.

CRACKERS.

CHOCOLATE CRACKERS—Melt chocolate, roll one cracker at a time (use little crisp crackers), in the melted chocolate, with a fork, drop them on wax paper and set in a cool room to finish. Have the chocolate very thick while dipping the crackers.

LEMON CRACKERS—Two well-beaten eggs, 2½ cups sugar, one cup lard. Beat all together well. Add a little salt, one pint sweet milk, 5 cents' worth lemon oil, 5 cents' worth carbonate ammonia dissolved in one-half cup boiling water a couple hours. Mix rather stiff, cut in any size desired, stick with a fork, bake on bottom of bread pan in hot oven.

SWEET CRACKERS—Five cups granulated sugar, two cups of fresh lard, one quart of sweet milk, four eggs (whites beaten separately), 5 cents' worth of baker's ammonia. Pulverize the ammonia and dissolve in the milk. Add salt, make a stiff dough, knead well, roll thin and bake in a quick oven. After well cooled put in a jar. This recipe will fill a 10-gallon jar, and is one I have successfully used for a long time. Use pancake turner to lift cookies from moulding board to baking pan.

WAFERS (Graham)—One-third cup of butter, one cup of sugar, one-half cup of water, white of one egg, one teaspoon of cream of tartar, one-half teaspoon soda, graham ...ur enough to knead, and roll thin. Cut in squares and ...th a fork. Bake quickly until crisp.

Cheese

CHEESE BALLS—One cup cheese, whites three eggs well beaten; a little bit of red pepper, one-half teaspoon salt; let stand after mixing (15 minutes) then make into balls the size of walnuts; fry in deep fat until golden brown.

SCALLOPED CHEESE—Take four slices of bread, remove the crust, and butter each slice and put in a buttered baking dish in layers. Then chop one-quarter pound cheese and sprinkle over it some salt and pepper. Mix four well-beaten eggs with three cups of milk and pour over the bread and cheese. Bake in a hot oven as you would pudding.

CHEESE CUSTARD—Half pound of cheese shaved thin into pie dish. Beat two eggs well, add one cup milk. Season with pepper and salt. Bake in a moderate oven.

CHEESE RELISH—One cup of grated cheese, one heaping teaspoon of butter, cream cheese and butter, roll in balls the size of a walnut, make a thimble shaped hole in the top of each ball and fill in with a teaspoonful of any nice fruit jelly; place balls on a wafer or lettuce leaves and serve.

CHEESE STICKS—Four tablespoons grated cheese, four of flour, three of butter; rub together, and add two tablespoons of milk, roll thin, cut in strips and bake light brown.

CHEESE STRAWS—Two ounces dry bread crumbs, two ounces grated cheese, two ounces sifted flour, small teaspoon salt, pure ground pepper to taste; mix together, adding two ounces butter, last; make a paste, then roll out thin as a match; cover a pan with buttered paper, bake two or three minutes, serve hot, piled up like a log cabin. Have them, when cut, the size of a match. Oyster straws, too, are as delicious as cheese straws, and are made in the same way as the latter.

* * *

To keep cheese moist and free from mold, wrap it in a piece of soft muslin which is thoroughly wet in good vinegar. You will be surprised at the result, for instead of the cheese tasting of vinegar, it will be fresh and entirely free of mold.

Desserts

APPLE SNOW—Peel and grate one large sour apple, sprinkle over a small cup of sugar to keep apple from turning dark. Break over this the whites of two eggs and beat mixture constantly for one-half hour. Prepare the snow in a large bowl; make a thin custard of one pint milk, a pinch of salt, one cup sugar; when boiled add yolks two well-beaten eggs, one tablespoon vanilla or lemon extract. When custard is thoroughly cooled, heap the apple snow in a glass dish and pour the custard around it. Set dish in icebox until ready for use.

A DAINTY AND HEALTHFUL DESSERT—Pare and core apples; pass through food chopper; to make more nourishing nuts may be added, and whipped cream. Excellent for children.

BLANC MANGE—Pour one pint of cold water on one ounce of gelatin; let it stand an hour; boil one pint of fresh milk and pour over the dissolved gelatin; add one-half pound of sugar and one teaspoonful of vanilla, one-half pound of chopped almonds (fine); whip a pint of rich cream and stir in when the mixture is cool; pour into blanc mange molds, previously wet in cold water.

BLANC MANGE (Chocolate)—One quart milk, one ounce gelatin soaked in a cup of the milk, one hour; four heaping tablespoons grated chocolate, rubbed up with a little milk, three eggs (whites and yolks beaten separately), half cup sugar, two teaspoons vanilla. Heat milk to boiling, pour in gelatin and milk, stir until dissolved, add the rest. Boil five minutes, then pour into molds. Serve with cream.

BOSTON CREAM—First put into stewpan one quart water and two pounds sugar. Let boil to sirup. While boiling beat whites two eggs, two ounces tartaric acid, one-half bottle flavoring—vanilla is best; add to sirup. Put in bottles, set in cool place. In using, pour into ordinary drinking glass until about one inch deep, fill up with water, add a little soda to make it foam.

BURNT CREAM—One-half cup granulated sugar. Put in iron spider and burn until a dark brown. Make a custard of the following: Two eggs, one-fourth cup sugar, three-fourths tablespoon cornstarch, vanilla and one pint milk; mix well and add to burnt sugar, stir until it dissolves and forms a custard. Remove from fire and put in dish. Beat white of one egg stiff, add two tablespoons sugar, place over cream and serve very cold. Cherries or nuts can be placed on top if desired. This is a very simple dish and one everyone is sure to like.

CHARLOTTE (Berry)—Stew one pint berries—either blueberries, raspberries or blackberries—sweeten to taste,

mash well, pour boiling hot over soft white bread. Have bread cut in small thin squares, arrange a layer in mold or bowl and pour on enough sirup to moisten bread, then another layer of bread and sirup. When cold, turn out and serve with cream. Berries with large seeds may be strained after stewing.

CHARLOTTE RUSSE—Whip a pint of chilled cream very stiff with one-half cup of powdered sugar and two teaspoonfuls of vanilla. Have a chilled bowl with lady fingers, split, and fill the bowl with the cream. Keep on the ice until wanted. If liked, put in Moreau brand cherries.

CUSTARD (Soft Caramel)—One quart milk, one-half cup sugar, six eggs, one-half teaspoon salt. Put the milk on to boil, reserving a cupful. Beat eggs and add cold milk to boil, reserving a cupful. Beat eggs and add cold milk to them. Stir sugar in small frying pan till it becomes liquid and just begins to smoke. Stir it into boiling milk, then add beaten eggs and cold milk and stir constantly until mixture thickens. Set away to cool. Serve at luncheon in glasses.

CUSTARD—Delicious but inexpensive custard: Beat two eggs, two tablespoonfuls of sugar, 1½ pints milk, pinch salt, one-fourth teaspoon of vanilla. Put into cups or molds. Put steamer over a pan of cold water and steam 10 minutes after it begins to boil. Set aside to cool.

CREAM CUSTARD—One quart cream, four tablespoonfuls white sugar, whites of four eggs; stir sugar in cream until dissolved; then add whites of eggs without beating. Bake in cups, set in pan half filled with water. Bake in oven until it thickens.

* * *

Always use a double boiler when making custards and cereals, both of which burn easily.

* * *

DANISH DESSERT—Wash but do not pare rhubarb. Cut in pieces and cover with water. Add a good-sized stick of cinnamon. Boil the rhubarb until it is cooked to shreds. Then strain, sweeten to taste and thicken to a stiff consistency with cornstarch. Serve cold with cream. It is delicious and is of a delicate pink tint.

EASTER DESSERT—Soak one-half box gelatin in one-half cup cold water for five minutes. Heat two cups milk, add gelatin; when dissolved sweeten with three tablespoons sugar, flavor with vanilla. Wash one dozen large eggs, make hole in large end, pour out contents, pour water into shell clean and drain, then fill with pudding by pouring through a funnel. Set the eggs in an upright position in pan of broken ice, to harden. When ready to serve, take off shells, arrange in a nest of lemon or wine jelly, and serve with whipped cream.

ICE (Almond)—Two pints of milk, one-half pint of cream, two tablespoonfuls of orange-flower water, half pound sweet almonds pounded in a mortar, pour in from time to time a few drops of water, when thoroughly mortared add the orange water and half of the milk, strain through a hair sieve, boil the rest of the milk with the cream, and keep stirring with a granite spoon; as soon as thick enough, pour in the almonds and milk; let it boil once; let it cool a little before pouring into the molds to freeze.

ICE (Raspberry)—One quart water, 1¾ cups sugar, two cups strained fruit juice. Cook sugar and water together 10 minutes. Add fruit juice, cool and freeze.

ICE CREAM (Banana)—Put one pint milk in a double boiler to scald. Beat the yolks of four eggs until light with two cups sugar, add to the hot milk and stir until it thickens. Take from the fire, add a pint of cream and set aside to cool. Peel four ripe bananas and press them through a course sieve. Add to the cold cream and freeze.

ICE CREAM ('aramel)—Four eggs two cups sugar, one-half cup flour, one-half pint cream, two quarts milk. Put one cup sugar in spider and set on stove to melt, but not burn. Place other ingredients on to boil. When sugar is melted stir into custard and remove at once from fire. Strain and flavor with vanilla. Freeze.

ICE CREAM (Snow)—One cup sweet cream beaten very light, sweeten with pulverized sugar, stir thick with snow (one thing that's cheap in winter), flavor with vanilla. Cannot be told from frozen ice cream.

JUNKET—One of the simplest and most healthful of desserts is junket. To the lukewarm milk add a slight sweetening and any flavoring desired, and for each quart one dissolved junket tablet. Pour instantly into serving dishes and let stand untouched in a warm place until set, then put away to chill thoroughly. Now and then the dishes may first be partly filled with fruit. When served junket is to be accompanied with plain or whipped cream. Junket tablets may be purchased at any drug store for the small sum of 10 cents.

MERINGUE (Lemon)—Beat the yolks of six eggs until very thick; add the juice and grated yellow rind of two large lemons and one cupful of sugar; cook in a double boiler until it thickens, then add the whites of the eggs beaten to a stiff froth; stir constantly until quite stiff; line a deep dish with lady fingers or slices of sponge cake; pour in the custard gently, and cover all with the whites of two eggs whipped to a firm snow with four tablespoonfuls of powdered sugar.

MOUSSE (Maple)—This recipe for a maple mousse is simply prepared and costs no more than a quart of ice cream. Beat until light and foamy the yolks of four eggs and put them in a double boiler with one cup of maple sirup. Cook, stirring constantly, for 15 minutes, then remove from the fire and beat until quite cold. Stir in one pint of rich cream which has been stiffly whipped, pour into your mold, over and pack in ice and salt for about five hours. For the freezing have a thick layer of shaved ice in your pail, set the mold in, sprinkle a little salt over the ice, then fill the pail with alternate layers of ice and salt. Be sure your mold is water tight, for salt is no addition to the mousse or parfait.

PARFAIT (Almond)—A very delicious almond parfait may be served either with or without a chocolate sauce.

Over one-half cup of granulated sugar pour one-fourth cup of the best sherry and let it stand a couple of hours until the sugar is dissolved. Grate a scant one-half pound of almonds which have already been blanched. Whip one pint of thick cream to a stiff froth, add the wine and sugar, nuts and one tablespoon of Maraschino. When thoroughly mixed turn into a mold, pack with ice and salt as directed above, and set away for four hours to ripen.

If a chocolate sauce is desired, try the following: One and one-half cups granulated sugar, one-half cup of grated unsweetened chocolate. Mix and add one-half cup cream, then cook until it bubbles in the center. Add a lump of butter the size of a hickorynut, take from the fire and beat until it thickens. Keep it warm and serve with the parfait.

PEACH MELBA—Halve and peel firm ripe peaches. Have ready a sirup made of sugar and water. In making the sirup a quantity of sugar three-fourths weight of the peaches is required and water one-half the weight of the sugar. Let the peaches simmer in the sirup until tender, then chill thoroughly. Have ready a mold of vanilla ice cream on a silver dish which it is well to set in another dish of shaved ice. Arrange the peaches around the mold of cream and over them pour a rich raspberry sirup that has been well chilled.

PEACHES (Baked)—Wash in warm water, rub with course cloth, take flat one gallon crock, put in layer of peaches and layer of sugar until you have enough for a can, start the sirup with a little water keep peaches under sirup or they will scorch. Bake until you can pierce with broom straw, then can. You can bake pears same way and can use inferior fruit—it is fine.

PEARS (Baked)—Peel fine pears leaving on stems; place in deep basin with water enough to half cover and sugar to make a medium rich sirup, bake until tender. Serve very cold with gingerbread or cookies; this is a delicious dessert.

PUFFS (Chocolate)—Two eggs, pinch salt, one cup granulated sugar, one-half cup sweet milk, one oz. chocolate dissolved in three tablespoons hot water, one teaspoon baking powder sifted in one cup flour. Steam 35 minutes. Serve with any desired sauce.

PUFFS (Date)—This amount will make five or six cups: One egg, one-half cup granulated sugar, one tablespoon butter worked through one-half cup flour, as for pie crust; one-half cup milk (sweet), one scant teaspoonful baking powder, half a cup of chopped dates. Add the baking powder to the flour before putting in the butter, mix well, fill small custard cups half full, steam 30 minutes. Do not let the water stop boiling. Serve with cream and sugar or whipped cream sweetened.

RICE CREAM (Frozen)—Cook till very soft a cup of rice, with water just to cover; add the juice of one lemon to the water. When the rice is done uncover it and let it stand in the oven with the door open till it has steamed dry; then add a cup of thick sugar and water sirup; let it stand half an hour, drain it, add a cup of whipped cream and stir it into a quart of well-frozen plain vanilla ice cream; when firm put in a mold; pack this in ice and salt and let it stand two hours to ripen.

SOUFFLE (Fruit)—Strawberries, red raspberies or peaches can be used. Into a rather large dish break white of one egg, two-thirds cup of granulated sugar, one cup ripe fruit, beat hard with egg beater or silver fork until it forms a stiff dressing. Use with any two-layer cake between and on top.

SOUFFLE (Orange)—Make a rich custard and pour it over stale sponge-cake cut into small cubes and saturated with orange juice. Cover with meringue, brown nicely and serve.

SOUFFLE (Prune)—One pound of prunes, whites of five eggs, six tablespoons of granulated sugar, wash prunes, cover with cold water, soak six hours, then stew until tender. Drain, remove seeds, chop fine. Add sugar, beat to a pulp. Beat whites of eggs stiff, add to prune paste, turn into a buttered dish. Bake one-half hour in a moderate oven. Serve with whipped cream.

SNOWBALL DESSERT—Cream one-third cupful of butter and one-half cup sugar. Add two-thirds cup milk. Sift together one cup flour, one-half cup corn starch, three level teaspoons of baking powder. Mix into a dough, then stir in carefully the stiffly beaten whites of four eggs. Butter six or eight cups, put in the batter and steam in a steamer for one-half hour. Turn out and roll in powdered sugar. Serve hot with a strawberry sauce made by creaming a scant, one-half cup butter with 1½ cups powdered sugar and one egg yolk. Add one cupful of berries that have been crushed and cooked with a sirup. Any kind of good sauce can be used. The strawberry sauce can be made as thin as wanted by increasing the amount of fruit juice.

WHIP (Apple)—Grate one good-sized apple, then whip whites of two eggs about half stiff; put in apple and one cup granulated sugar, and whip till very light. Set in cool place till ready to use, then whip down and serve on small plates or ice cream dishes; one large spoonful of apple whip, then maple mousse in center, with cherries on top. Makes a fine looking dessert and is also very good.

WHIP (Prune)—Cook 12 large prunes until tender, chop fine; beat whites three eggs with pinch of salt, add one-third cup sugar, one-fourth teaspoon baking powder; add prunes, bake 30 minutes; set pan in another pan of cold water and put in the oven to bake. Sauce—Yolks three eggs beaten, add one-third cup sugar, 1½ cups milk, stir on the stove until it comes to boiling point; take from the fire, add one teaspoon vanilla and cover dish. This is such a good dessert you can feed it to any invalid.

WHIP (Prune Nut)—One pound prunes stoned and chopped, whites of four eggs and one cup sugar beaten lightly, one-half cup chopped walnuts. Bake until brown. Serve with whipped cream or vanilla ice cream.

Doughnuts

Two eggs and 1¼ cups of sugar and beat them together, one cup of sweet milk and a little salt, three tablespoonfuls of melted lard—or butter. Some people prefer the melted butter, but I have had better results with the lard. Add two teaspoonfuls of baking powder. About the flour—that is pretty hard to tell—it must not be too hard or too soft, but just right to roll out nicely so it won't stick.

"Fry the doughnuts in about two pounds of fresh lard.

"The secret of it is in the frying. You must watch them closely and turn them right, without letting them stand to soak up the grease.

"This recipe will make about 34 good doughnuts.

"For the pumpkin pie, I use the canned pumpkin. There is no need of troubling about using a fresh pumpkin, for the canned vegetable is very nicely put up and of good quality.

"I take two eggs and about four tablespoonfuls of sugar and beat them together. Then a little salt—not quite a teaspoonful; cinnamon and ginger to taste. After I get these all mixed in, with half a can of pumpkin, I thin it with a pint of milk. It is so thin that it runs just like water. When it goes into the oven it thickens, you know.

"This makes one large pie. I always use a very deep tin for this pie.

DROP DOUGHNUTS—One and one-half cups powdered sugar, one cup sweet milk, 3½ cups flour (not sifted), one-half teaspoon salt, two teaspoons baking powder, three eggs. Drop with a teaspoon in boiling lard.

FRIED CAKES—One egg, one cup milk (sweet), two dessertspoons melted lard, a little nutmeg, a pinch of salt, two teaspoons baking powder. This has been used in our family 30 years.

CREAM FRIED CAKE—One pint sweet cream, three eggs, one heaping cupful sugar, salt to taste, three teaspoonfuls baking powder, sifted in enough flour to roll.

* * *

Two cups mashed potatoes, two cups sugar, two cups sweet milk, four tablespoons melted lard, five teaspoons baking powder, a pinch of salt, flour enough to roll out. Fry in hot lard.

One and one-half cups sugar, two tablespoons lard, two eggs, pinch of salt, flavor with one teaspoon cinnamon, two cups sour milk and two teaspoons soda; add enough flour to make soft to roll. Cook in pure lard about six inches deep in the pan.

* * *

POTATO DOUGHNUTS—This is the best doughnut recipe I ever tried.

Mix two cupfuls of hot mashed potatoes with two cupfuls of sugar, add one cupful of milk, three eggs beaten separately, a little salt, nutmeg for flavoring, and lastly three tablespoonfuls of melted butter. Add flour to make a stiff dough into which five teaspoonfuls of baking powder have been sifted. These doughnuts are different, absorb less fat and keep more moist than the usual kind.

* * *

Five medium-sized potatoes boiled and mashed, 1½ cups sugar, one cup sweet milk, three eggs, five teaspoons baking powder, flour to thicken; roll and cut; knead as little as possible. Boil potatoes and work in sugar, add eggs well beaten, add flour and baking powder well mixed; sift about three times.

* * *

One cup mashed potatoes, one cup sugar; mix while hot. Two eggs, one cup sweet milk, four cups flour, four teaspoons baking powder, pinch salt one teaspoon vanilla. Cut into shape, fry in deep fat. When cool sprinkle with powdered sugar. This will make 2½ dozen.

* * *

One cup sugar, two tablespoons butter and lard, two eggs (beat separately), one cup milk, one cup mashed potatoes (warm), one-half teaspoon salt, one-half teaspoon grated nutmeg, 2½ teaspoons baking powder, five cups flour. Beat the sugar, shortening and warm mashed potatoes together, then add egg yolks and whites beaten light, then milk, nutmeg, flour, baking powder and salt. Roll and cut, fry in 1½ pounds hot lard. Turn while frying, until a good brown. Dip in and out of hot water quickly, as you take them out of the lard; they will not be so rich. Sprinkle with powdered sugar. Have found this a very good recipe; the potato makes them so moist.

SOUR MILK DOUGHNUTS—This recipe for doughnuts is original and one the writer has been asked for many times. One medium cup sugar (gran.), one coffee cup sour milk, dissolve one teaspoon of soda in the milk; three stirring spoons of melted butter, two or three eggs, one-half grated nutmeg. Sift one teaspoon baking powder in flour. Use pastry flour—enough for soft dough.

One cup sugar, one cup sour cream, one cup buttermilk, one egg, one teaspoon soda dissolved in the buttermilk, flour enough to roll, fry in deep lard. Sour milk can be used instead of buttermilk.

* * *

CRULLERS—Two cups of buttermilk, two cups of sugar, one teaspoon of baking powder, one-half teaspoon of soda; flour enough to roll.

SWEET MILK DOUGHNUTS—One egg, one cup rich cream, one cup sugar; flour to roll out, three teaspoons baking powder.

One and one-half cups sweet milk, 1½ cups sugar, three tablespoons melted butter, three eggs, five teaspoons baking powder, nearly two quarts flour, nutmeg.

* * *

When frying doughnuts add one cup of beef fat which has recently been fried out, and the grease will not soak into the cakes.

Doughnuts are mproved if they are coated with a layer of sugar as soon as they are taken from the stove.

The best way to powder them is to put a small amount of confectioner's sugar in a paper bag and put several doughnuts in the bag at a time and then shake the bag, holding the top of the bag closed. This will coat them with sugar quickly and more evenly than by any other way.

Dressing for Poultry and Meats

BREAD DRESSING to serve with roast beef or mutton or steak—Save all pieces of bread or biscuit and when there is enough for a quart when chopped, add one large chopped onion, one spoon powdered sage, four spoons melted butter, one small teaspoon salt and pepper to taste; moisten with one cup milk and bake in tin one-half hour. This is excellent and makes meat go much further.

DRESSING—Everyone has a particular method of making the old-time dressing, but the following recipe has been tried so often, with never a failure, that I give it with confidence: Take sufficient bread crumbs to dress an ordinary

d and pour tepid water over (not warm or hot, for that ces it heavy. Let this stand for a few minutes, then take a handful at a time and squeeze out into another ves- This makes it light. After all is pressed out toss it up ntly and add pepper, salt, sage (if liked), one-half cup ted butter and a well-beaten egg. Work all ingredients ether thoroughly and add to the fowl. The addition of pound of well-washed seedless raisins makes a nice nge. A bunch of celery that has been washed clean and fine is also a good addition. One teacupful country sau- e mixed into the dressing for a turkey is liked by some. ers prefer a small onion minced fine or a teacup of fine- cut cabbage. Any of these makes a nice addition to an or- nary plain dressing.

DRESSING FOR ROAST DUCK—Three pints bread umbs, a little butter and salt pork, two onions chopped ne, salt, pepper and sage.

DRESSING FOR ROAST PIG, GOOSE OR TURKEY—I ave used this for over 10 years and think it excellent for roast pig and it is splendid for roast goose and turkey. Three large potatoes boiled and mashed, six large onions fried, a large bowl of bread crumbs (soaked and water all pressed out), one egg. Mix all well together, salt, pepper, sage, to taste, add a little summer savory if you have it. If a little cooked and chopped liver is added it makes it nice and brown. This makes sufficient dressing for a large turkey, but more can be added if needed.

FILLING FOR POULTRY—One-half pound ground pork, one-half loaf white bread soaked in water, one stick celery chopped fine, four onions chopped fine, two eggs, salt and pepper to taste. Place a piece of butter in frying pan, add onions; when brown add meat and fry all untill done. Then squeeze water out of bread, add eggs, celery, seasoning and meat; mix all together. Makes a very good filling or can be made into a meat loaf.

DRESSING FOR TURKEY OR CHICKEN—Take bread hat is over a day old, crumb and cut into small pieces. Put o pounds of butter into a kettle and fry the bread in it til brown. Pour over a pint of milk, season with salt, pper and a little ground sage, then break five or six eggs d stir into it, take off from the fire, (do not cook after the gs have been stirred in); it is now ready to be put into e fowl. This is quantity for turkey. Chicken does not ke as much. Frying the bread in the butter gives it a ich flavor, and the eggs make it light.

This recipe for dressing is one that was used by a German grandmother who cooked at the big hotel at Baden-Baden, Germany.

Dumplings

PLE DUMPLINGS (Boiled)—Make a biscuit dough by ti... flour in bread bowl, making a hole in center, put in- o it one teaspoon pulverized saleratus and mix with it a handful of dry flour; add one pint rich buttermilk or sour cream and pinch of salt. Stir briskly until it foams, then stir in the flour until you have a soft dough. Knead but little, roll out in round pieces, as for pie crust, but rather thicker. Place apples on one-half of crust, and dredge over a little flour, wetting the edges of the crust to make it stick. Lap the crust over the fruit, fastening the edges securely. Prick with fork to expel the air, and squeeze in the hand until they assume a round form the size of a large teacup. When they are all made this way, drop into a kettle of boiling salt water, containing one gallon, and on bottom of kettle place an old plate to prevent burning. Boil briskly for three-fourths hour. Keep closely covered. Serve hot with cream, and sugar flavored with lemon or nutmeg. Pieplant, raspberries, strawberries and other fruit make delicious dumplings.

APPLE DUMPLINGS (Baked)—One egg well beaten, one up water, one tablespoon shortening, one heaping teaspoon aking powder; stir batter stiff enough to spread with poon. Fill deep dish or tin half full of sliced apples, pread over them one cup sugar, spread dough evenly over he apples and bake slowly. Serve plain or with whipped cream; or, when done, turn out of baking dish, leaving the apples side up and beat up the whites of two eggs and spread over top.

CHERRY DUMPLINGS—One cup sweet milk, two teaspoons baking powder, pinch of salt, flour enough to make a very stiff batter. Have one quart of cherries boiling; drop into the boiling fruit the batter, one spoonful at a time, cover and boil 10 minutes or until done.

CHICKEN DUMPLINGS—When making chicken dumplings, prepare in the usual way; turn chicken and broth into large pan, pinch off dumplings, drop in pan and bake one-half hour in oven. They are delicious and do not require watching.

CUP DUMPLINGS—Butter teacups, half fill with any berries or stewed fruit of any kind (berries need no cooking), make batter—a little salt, three tablespoons sour milk (not buttermilk) for each cup (soda according to how sour the milk is), sift in enough flour to make stiff batter; drop on each cup of berries and steam 20 minutes; eat with milk and sugar or butter and sugar.

DROP DUMPLINGS—One pint flour, two teaspoons baking powder, one-eighth teaspoon salt; sift these together. Beat one egg and add to flour, then add just enough water to make a very stiff dough. Cut off with large spoon and drop into boiling broth; cook for 15 minutes. These are always light.

FRIED DUMPLINGS—Take what are left from the drop dumplings, cut in slices, dip in beaten egg, then cornmeal, and fry; delicious for breakfast.

FRUIT DUMPLINGS—A cheap dessert: One cup flour, one teaspoon baking powder; pinch salt, water enough to make stiff dough. Put in greased pan, set in steamer, put on any fruit desired (sliced apples are best), set steamer in kettle of boiling water, boil 10 or 15 minutes. While boiling, take 1½ cups water, two-thirds cup sugar, butter size of walnut, juice one lemon (or any desired flavor); put on stove to boil; when it comes to boiling point, thicken with two teaspoons cornstarch wet with a little water. When dumplings are done pour dressing over, serve at once; makes enough for six or seven persons. If made in an egg-poacher they are better, as it makes them into molds.

LIVER DUMPLINGS—Grind 10 cents' worth of liver, soak two slices bread, press out dry; use two eggs, mince a little onion, a little parsley and a little celery; mix all well; use enough flour to make stiff dough, drop a teaspoon at a time in meat broth. Serve with plenty of broth.

MEAT DUMPLINGS—Chop cold boiled meat and season well with salt and pepper. Stir up some biscuit dough. Put a spoonful of dough in a cup, have a cup for each person, then put two or three spoonfuls of meat in the cup and then another spoonful of dough, then steam. Serve with gravy.

PEACH DUMPLINGS—Cut out, saucer size, tea-biscuit dough rolled thin, place in each a peach or half a peach, sprinkle with sugar and bits of butter, roll up, pinch together at top, place in deep granite tin, put sugar, butter, pieces of peaches around, pour over all one cup boiling water just before placing in oven, bake one-half hour or till nicely browned, serve at once with sugar and cream.

POTATO DUMPLINGS—Grate three large potatoes, and half cup of milk, one egg, one-half teaspoon baking powder, one teaspoon of salt; add flour till it won't stick to your spoon; roll into a ball and cook 45 minutes. Serve with pork chops and cabbage.

STEAMED DUMPLINGS—To every cup flour add one teaspoon baking powder, a little salt, mix with water, roll about 1½ inches thick, cut in squares of two inches, put in steamer and steam for 12 or 15 minutes. Do not remove cover until then. You can also use this same dough, rolled thin, cut in squares, fill with apples, steam 15 or 20 minutes. Use sauce of milk or cream, well sweetened, with a little vanilla flavoring. Follow these directions and you will always have dumplings as light as feathers.

DUMPLINGS FOR STEWS—Mix two cups flour, one teaspoon baking powder, one-third teaspoonful salt. Add milk to mix to thick batter. Drop by small spoonfuls over boiling stew and cook 20 minutes.

* * *

DUMPLING WISDOM—To prevent dumplings for a stew of fricassee becoming heavy or soggy, don't use shortenings. Heaviness may also be caused by a removal of the lid of pot or steamer before the dumpling are done. Flour, salt, baking powder and sweet milk are all that are needed to make tender, fluffy dumplings of this kind. The dry ingredients should be sifted carefully together, then quickly mixed with the milk. During the cooking the liquid in pot or steamer should be kept at a steady boil. No more dough or batter should be dropped in at one time than will cover the surface of the liquid or rest on top of the meat, for if too many dumplings are dropped in at once, those underneath are sure to be soggy. Allow 20 minutes for cooking.

If spoon is dipped in cold water each time, when dropping dumplings into kettle, they will not stick, but drop easily.

Eggs

BAKED EGGS—Grease dripping pan or small dish with butter; break eggs carefully and cover bottom of dish; pepper and salt to taste. Put a small piece of butter on each egg and bake in a slow oven, taking care not to burn.

* * *

Butter your gem pans, break an egg into each, cover it with a tablespoon of cream, adding salt and pepper. Bake until the whites are set and serve at once.

BOILED (Soft)—Have the water boiling, add a little salt to the water; allow four minutes for cooking. To cook hard, allow about 10 minutes.

BASKETS—Cut a slice of bread about two inches thick for each egg. Carefully scoop out a recess in the middle of the slice big enough to hold an egg and round the edges of the slice so that it looks like a basket. Dry the baskets in a slow oven until they are crisp and brown. Then in each put a little butter, a teaspoon of milk, salt, pepper and an egg. Put the baskets in the oven and leave them there until the eggs are set.

BIRD'S NEST EGGS—Whip the white of the egg stiff and pile it in the shape of a nest on a thin slice of whole wheat or graham bread toast, moistened with a little milk and buttered on the under side. Drop the unbroken yolk into the nest, place the whole on a small plate and brown in a moderate oven. Try these. They will tempt anybody's appetite on a hot day, they look so nice on the table.

BEEF AND EGGS—Break as many eggs in a bowl as there are members of the family. Fry in butter about one-fourth pound dried beef broken into small pieces. Scramble the eggs into beef. Don't cook very long or eggs will be hard.

DEVILED EGGS—Hard boil eggs in cold water; when cold peel. Just cut your egg in half either way, carefully take out yolk, mash yolks, add lump butter and prepared mustard to make a thick paste. With this refill whites. If for a picnic put together with toothpicks. Some use the dry mustard, but I find the prepared mustard much better.

EGG CUTLETS—Three tablespoons each butter and flour, one-half tablespoon salt, dash of cayenne, 1½ cups milk. Stir into this eight hard-boiled and coarsely chopped eggs, small tablespoon lemon juice, 10 drops onion juice, one tablespoon chopped parsley, yolks two beaten eggs. Stir and cook for a minute, set aside until chilled, form into small cutlets, dip in beaten eggs and fine bread crumbs, fry a golden brown.

ESCALOPED EGGS—Slice four hard-boiled eggs. Take six or eight slices of white bread (according to size of slices), butter both sides of bread; butter baking dish, lay ne slice buttered bread in dish, lay slices of egg on bread, lt and pepper well; and so on for three or four layers. For e top have whole slice of bread or cracker crumbs. Put ater enough in dish to moisten bottom slice of bread, heat lowly for 20 minutes; have 1½ cups of sweet milk hot, pour ver all; bake slowly one hour. Serve hot.

FRIED EGGS (Soft)—Have the fat hot in frying pan, reak the eggs in one at a time, lift the pan from fire and lip hot fat over eggs until done to taste. If wished hard, eave pan on fire and turn over if necessary.

EGGS FOR INVALID—Grease a common saucer with butter, break the egg into it, cover with boiling water and let tand until white sets.

EGGS WITH MUSTARD—Boil eggs hard, remove yolks, after cutting in half, chop yolks fine, mix with mustard, lay the whites on the meat platter or a plate, and fill with chopped yolks.

EGGS WITH NOODLES—Take six hard boiled eggs, remove the shells and cut in half. Take out the yolks, crush and mix with liberal piece of butter and some salt and pepper. Add a little finely chopped parsley and mix thoroughly. Fill the whites of the eggs with the mixture. Boil one-half of a small package of noodles 10 minutes in salt water. Put noodles in the center of a platter, arrange the eggs around them and garnish with parsley. Pour over all the following white dressing: A piece of butter the size of an egg, melted, one level tablespoon of flour, one teacup of milk. Cook together until the mixture creams.

POACHED EGGS—To one pint boiling water add two heaping spoons salt, drop the eggs in carefully, run a spoon under them to loosen from the basin. They will retain their shape and are not salted at all. Stir after adding salt.

SCRAMBLED—Beat well one dozen eggs or less, melt some butter in frying pan, season to taste, put in pan and cook slowly, stirring until done. Another way: Beat one dozen eggs, add one cup milk, one heaping tablespoon flour; put butter in pan and melt; salt and pepper to taste. Stir to keep from burning.

EGGS IN TOMATO CUPS—Cut a piece from the stem of tomato and with a spoon scoop out the center. Sprinkle cavity with a few drops of vinegar, break and carefully drop a raw egg in each. Place a part in a buttered pan and bake in moderate oven until eggs are set. Serve with or without cream sauce.

EGG HELPS.

WHEN BOILING EGGS be sure the water is boiling when you drop them in and you will have no trouble in removing the shells.

PLACE SALT in water when boiling eggs and it will prevent a cracked egg from spreading.

ABOUT TAKING RAW EGGS—After egg is beaten thoroughly strain through wire sieve; will take out all stringy substance; will find it pleasanter to take. A few teaspoons of milk, a little sugar or salt, improves the taste.

TO REMOVE SHELLS—After boiling eggs, allow cold water to run on them for a couple of seconds, and the shells can be removed without mutilating the eggs.

IN POACHING EGGS add teaspoon vinegar to boiling water, and white of egg won't spread all over pan. Use perforated spoon to lift eggs when poached.

ONE EGG DO FOR TWO—For icings, meringues and for cakes where whites are beaten separately, take one-half egg shell full of water, with pinch of salt and cream of tartar for each white used. You will have the same quantity of stiff froth that two whites would make.

TO SAVE EGGS—Two eggs will make as good a cake as six. A spoonful of cornstarch equals an egg in all cooking.

FOR ICING—I have never known this to fail. When beating eggs for icing, after they have started to froth, add one or two tablespoonfuls of cold water and you will have double the quantity of icing.

WHEN EGGS ARE SCARCE—In making a custard pie, two large spoonfuls of finely rolled bread or cooky crumbs will nicely take the place of one egg.

* * *

For frosting, stir one cup of pulverized sugar and three teaspoonfuls of sweet cream or milk together in a bowl. If not sufficiently moist, add milk.

* * *

TO BEAT EGGS—Add a pinch of salt to white of eggs; it will beat stiff quickly.

TO BEAT EGGS STIFF—I will tell you how I make frosting. Take the whites of as many eggs as you want and put a little pinch of salt in. Then beat it, and then put as much sugar in as you like, but if you put too much in it will be crusty. Beat the eggs again after the sugar is in. After you have the frosting on the cake, or what you want to put it on, put it in the oven and dry it a little. Try it and beat it enough before and after the sugar is in.

NEVER WASH FRYING PANS that you fry eggs in, it makes them stick; always wipe. If pans get a little rough, set on stove with a little salt and scour with brown paper. Your fried eggs and omelets will slide off.

SNOW FOR EGGS—To save eggs in the winter when they are scarce and high in price use one tablespoonful of snow instead of one egg. This works perfectly well for cakes, cookies, pancakes, doughnuts, etc.

Fish

CATFISH—Boil about one-half hour, then roll in flour and sprinkle with pepper, salt and small bits of butter. Prepare your dripping pan for baking this way: Cut some sticks about one inch thick to fit the bottom of your pan. Lay the fish on the sticks and bake in a slow oven until done. When done the fish will be almost free from oil.

CLAMS (Cream of)—Take 25 clams, scrub thoroughly, put in a kettle and a little boiling water over them and cover closely. Steam clams until they open their mouths, then remove from shells and chop fine. Save water in kettle. Then take three cups milk with three tablespoons each of flour and butter. Make into white sauce, add clam juice and chopped clams. Season with salt, cayenne and a little garting of nutmeg. Let stand 10 minutes, strain, serve in cups with whipped cream.

CODFISH—Soak well to remove salt; cut in nice slices or tear in good sized pieces; boil until done. Turn water off, put on a deep platter or dish; boil one cup of milk to which a piece of butter has been added. When boiled turn over fish and serve hot.

* * *

Pick codfish to pieces, pound, put into cold water, pour off immediately, add rich milk and a little onion juice. Thicken with flour and butter rubbed together, then take from stove and stir in lightly a well-beaten egg and serve. Sour cream or milk can be used in codfish or any kind of vegetable after it is thickened without curdling.

CODFISH BALLS—One cup potatoes, one-half cup codfish, speck pepper, two teaspoons butter, one-half egg, fat for frying. Wash fish and shred in one-half inch pieces. Pare potatoes, cut in quarters and cover with boiling water.

Cook 25 minutes or until potatoes are soft. Drain very dry, mash fine, add butter, seasoning and beaten egg. Beat well, shape on a spoon, drop into smoking hot fat, fry until brown and drain on brown paper.

CODFISH CHOWDER—About two hours before mealtime wash one-half pound shredded codfish, place on stove in one quart or so water to barely simmer for one hour. Fry three small slices salt pork (if pork fries out a great deal of grease pour most of it off) and dice pork. Add two or three small onions. When onions are browned add pork and onions to codfish and set on to boil. Add three medium sized, finely sliced potatoes. When potatoes are cooked add three tablespoons cream or some butter and milk to make two quarts or more of broth; pepper and salt to taste. Have some slices of bread toasted, and when broth comes to boiling point pour over toast and serve. Crackers may be used in place of toast, but we think part toast and part crackers gives better flavor than crackers alone. We think it a very nice dish; may be warmed again without spoiling it if any is left over.

ESCALOPED CODFISH—Into well buttered baking pan place layers of flaked and freshened fish and boiled rice or macaroni; season each layer with salt, pepper and plenty of butter; pour over enough milk to cover, then add a sprinkling of bread crumbs with several bits of butter on top. Bake slowly until nicely browned.

CODFISH WITH MACARONI—One pound salt codfish, freshen, cook until done. Now take one package macaroni, break up fine, boil until tender, drain, put layer in granite bake dish, butter, a little pepper, a little salt, then a layer of fish and so on until dish is nearly full; then take two or three eggs, half cup milk, one tablespoon flour; beat and pour over; bake in hot oven 20 minutes.

CODFISH PATTIES—If you have any creamed codfish remaining from breakfast, it can be used this way: Make some tiny puff paste shells, baking them in a quick oven; when cold fill with the creamed codfish, dust with grated nutmeg; cover top of each shell with a teaspoonful of whipped cream, lightly salted, and return for a second time to a hot oven. Serve with fried parsley and thin slices of lemon.

CODFISH WITH TOMATOES—I had creamed codfish for dinner; also stewed tomatoes. When dinner was over there was some creamed codfish left; also some stewed tomatoes, but not enough of either one to serve for another meal. I mixed them together and served on dices of toast and was surprised at what a nice dish it made. No one guessed but what it was something a French chef had given me the recipe for.

CREAMED FISH—Make a cream sauce by melting one tablespoonful of butter, adding, when it is hot, one tablespoonful of flour. Cook until smooth and frothy, then add one-half pint of milk, and salt to taste. Let this come to a boil, stirring to keep it free from lumps, and cook until it is smooth and thick. Have the cooked fish free from bones and in small pieces, pour in the cream sauce and let all get hot. If the dish seems scant in quantity pour the fish over pieces of well browned toast, and add a poached egg for each member of the family. This, too, makes a good dish for luncheon.

FRIED FISH—Take plenty of lard and roll fish thoroughly in flour before frying,—will keep pieces so much nicer and more solid. Season to taste. To take the fishy taste out of the spider after frying, hold spider upside down over blazing fire for a few minutes, after washing.

FISH FRITTERS—Make sauce of one tablespoon flour, one tablespoon butter, one-half cup hot milk, cook until quite stiff; mix in one cup shredded fish, add one egg well beaten, salt and pepper to taste. Have as thick as for a batter, drop into boiling hot fat. Serve at once.

HERRING (Sour)—Pour water over salted herring, let stand 24 hours, changing water a few times; then clean, cut up in small pieces, pour over them vinegar, put in bay leaves, cloves and cut up one onion; then let stand 24 hours. They are fine.

OYSTERS AU GRATIN—In a saucepan put one tablespoonful of butter. Melt, and add one tablespoonful of flour, half teaspoonful of salt, and a little white pepper. Mix smooth and stir in one cupful of milk until it thickens. Add a little anchovy sauce or Worcestershire if liked. Butter either small dishes or one large one. Put in a layer of sauce, then one of oysters, salt and pepper, more sauce and another layer of oysters. Cover with bread crumbs, dot thickly with butter, and bake in a quick oven. A teaspoonful of chopped parsley and two tablespoonfuls of grated cheese added to the sauce improves it for some.

OYSTER COCKKTAIL—Served in punch or champagne glasses; to every glass allow one teaspoon lemon juice, two teaspoons catsup, one-fourth teaspoon Worcestershire sauce, two tablespoons small oysters; one drop tabasco sauce for every three glasses; salt and pure ground pepper to taste.

CODDLED OYSTERS—Turn one quart of oysters into wire sieve and stand over saucepan to drain. Pour slowly over the oysters, if needed, about one cup of cold water. Clean oysters free from bits of shell. To the liquor in the saucepan, which should be about one pint, add one-half teaspoon salt, white pepper, or paprika to taste, two to three cloves, blade of mace, piece of bay leaf; cover and let simmer a few minutes while preparing the toast. Toast six slices of bread to a delicate brown. Butter both sides. Lay a slice on each of six small dishes. On each side of toast lay six or eight oysters. Strain the oyster liquor, add one tablespoonful of butter, and, when melted put five or six tablespoonfuls of liquor on each slice of toast. Put into hot oven or under moderate flame of gas range, and let bake five or six minutes. Serve at once.

DEVILED OYSTERS—Drain the oysters, butter individual dishes, lay in each three or four oysters, dust with salt, pepper and paprika, sprinkle with lemon juice and dot with bits of butter. Bake in hot oven until the gills begin to ruffle.

FRIED OYSTERS—One pint large oysters, three eggs well beaten to which add salt and pepper to taste, about one-half pound crackers rolled very fine (about like sugar). Wash oysters and lay on a towel and pat out till moisture has disappeared, then dip in cracker crumbs, then in egg, then in cracker crumbs again. If you have a wire basket place in a few at a time and dip down in hot lard. But a steel spider may be used. Place in it a heaping tablespoon of butter and do not place oysters too close together. The butter browns them nicely and gives such a nice flavor. Have grease very hot. I have used the spider very often with great success.

ESCALOPED OYSTERS—Clean free from bits of shell one quart of oysters. Mix one cup each of bread and cracker crumbs and stir into one-half cup melted butter. Add enough oyster liquor to two tablespoons cream to measure one-half cup. Put a thin layer of buttered crumbs in bottom of the pudding dish, buttered. Cover with oysters, dust with salt, pepper, and if liked, celery salt and paprika. Then another layer of crumbs and oysters with crumbs on top. Sprinkle over the liquid just before the last layer of crumbs. Put on cover, bake in moderately quick oven about 30 minutes. Uncover and brown delicately.

PIG IN BLANKET—Take bacon that has been sliced real thin and rather large oysters. Put two oysters in each slice of bacon, pin the ends together with a toothpick and roll in cracker crumbs and fry in hot lard. When real brown remove from the grease and take out the toothpicks and the bacon wil stay in shape. These must be served the minute they are removed from the fire in order to have them a success.

OYSTER SAUTE—Toast six slices of bread. Drain a quart of oysters and dry on a clean towel. Then roll oysters in a little flour seasoned with salt and pepper. Put three slices of bacon into a large frying pan. Remove bacon when fat has all fried out of it. Add two rounding tablespoons butter and let brown a little. Put oysters in pan over hot fire and turn oysters as fast as edges curl and remove from fire quickly. Serve six or eight oysters over each slice of toast. Garnish with cut olives or pimolas, or sweet pickles and sliced lemon points. Will serve six persons.

OYSTER STEW—Boil one cup of strained oyster liquor and half a cup of water; skim, add half a teasppon of salt, half a saltspoon of pepper, one tablespoon butter and one tablespoon rolled crackers. When it begins to boil add one quart of oysters; boil one minute. Put half cup of cream into the tureen and pour the boiling stew over it . Serve at once.

OYSTERS ON TOAST—Put in a stewpan one quart of oysters with their liquid; when they come to a boil put in one pint milk, one tablespoon butter mixed with two tablespoons flour and a little salt and pepper. Let it boil up, then pour over slices of nicely browned and buttered toast; serve hot.

SALMON CAKE—One can salmon, one slice bread, crumbed, a little finely minced onion, a pinch of red pepper, one egg, a little salt; mix and form into cakes; fry a light brown. These are nice cold for picnics or lunch.

SALMON CHOPS—One box salmon (eight chops), three shredded wheat biscuits, roll out finely, keeping two for breading and one for white sauce.

White Sauce: One tablespoon butter, one tablespoon flour, one cup milk. Melt butter, stir in flour, add milk, let come to boil, stirring all the time, and add one rolled-out biscuit.

Drain liquor from salmon. Mince salmon with fork. Add one-half teaspoon salt and one-eighth teaspoon paprika. Mix fish with white sauce and set in cool place. Form in-

to eight chops, dip into beaten egg and roll in shredded biscuit crumbs. Fry in deep fat. Lay on white paper to draw out grease. Garnish with sliced lemon and parsley.

SALMON CHOWDER—Cut one large potato and one-half onion into small pieces; boil in a cup of water, adding red pepper, a few drops Worcestershire sauce and a quart of milk. Just before the milk boils add one-half can salmon and two hard-boiled eggs chopped fine, and a few broken crackers.

CREAMED SALMON—Two tablespoons butter, two of flour, two slices onion (browned), one large cup milk added gradually; stir all till smooth; add small can salmon, stir a minute and serve with potatoes or toast. Salt and pepper to taste.

SALMON CROQUETTES—Shred one can of salmon, removing all skin and bone, then mix with about one-half dozen of mashed potatoes, two eggs well beaten and season with salt and pepper; roll in bread crumbs and fry in hot lard. This makes one dozen of nice sized cakes.

FRIED SALMON—Remove from can as whole as you can, cut in pieces. Beat two eggs and have ready with some cracker crumbs; dip in the eggs and roll in cracker crumbs and fry.

SALMON LOAF—Can of salmon boned and chopped fine, seasoned with salt and a little cayenne pepper. Stir one teaspoon flour smoothly into one-half cup cream, cook a few minutes, and mix thoroughly with salmon. Put into baking dish layer of bread crumbs and bits of butter, layer of salmon and so on, with top layer of bread crumbs and butter. Bake in hot oven about 35 minutes. Garnish with sprigs of parsley and serve hot.

SALMON PIE—Make a creamed salmon as follows: Melt two level tablespoons butter in a saucepan (do not brown), add two level tablespoons flour, salt to taste and a little pepper. Stir until smooth. Now add a little at a time, beating well, a cup of hot milk; when smooth add a can of good salmon, freed from bones and skin and broken into inch pieces. Stir lightly until thoroughly heated. Have a pudding dish lined one inch thick with hot mashed potatoes well seasoned, pour in the creamed salmon, cover with more potato, brush over with butter and bake a delicate brown. Or arrange the potatoes on a hot dish, in a circle, pour creamed salmon in center and serve at once.

SALMON ROAST—Take one can salmon, add one cup of stale bread crumbs, grate into it one onion, season with salt and pepper, then add one egg Mix well, form into loaf and roast until brown in a hot oven.

SALMON SALAD—A can of salmon, a little celery cut into small pieces, mix with mustard dressing and serve cold. Mustard dressing: One cup vinegar, one-half cup water, put on to boil. In a bowl mix one teaspoon mustard, one teaspoon salt, one-half of butter or olive oil, one dessert spoon flour and one egg. Mix well and pour slowly into boiling vinegar, stirring until it creams.

SALMON SOUP—One can salmon, one quart milk, one quart water, one tablespoon butter. Pepper, salt and parsley. Pick out bones and skin, boil all together and serve hot.

FISH TURBET—Use one nice, large whitefish, cook in white sack for 15 minutes. Then pick fish apart, take out all the bones, add salt and pepper to taste; grate cupful of toasted bread, add juice one large onion; stir all in fish; then make dressing of one large tablespoon butter, one pound flour, one cup sweet cream, a little salt; put in steamer, cook until thick, then pour over fish, mix well with a fork; then put in baking dish in hot oven for 20 minutes. Decorate with parsley.

FISH HELPS

TO SCALE FISH—A curry comb makes an excellent fish scaler.

SALT FISH are quickest and best freshened by soaking in sour milk.

LEMON ADDED to fish when boiling will make it firm and white.

ODOR OF FISH can be removed from frying or baking pan by placing a good handful of potato peeling in it; pour boiling water on and let boil 10 or 15 minutes.

WHEN FRYING FISH of any kind, if a little salt is sprinkled on the bottom of the pan when it is hot, and the fat boiling, the fish can be easily turned without breaking in the least.

Fowl

BAKED SPRING CHICKEN—Cut up spring chicken, roll in flour as for frying, put lard and butter in baking pan, let get hot, put chicken in, let bake 15 minutes, pour cup of sweet cream over it, let cook until done. More tempting than fried chicken.

COUNTRY CLUB CHICKEN—Wash broilers or quite young chickens, cut them in halves (or quarters if they are large enough), wipe them dry and dip each piece in beaten egg well seasoned with salt and pepper, and mixed with cream. Roll the pieces in very fine bread or cracker crumbs, place them in a buttered pan and put in a very hot oven for about 15 minutes, or until a light brown. The chicken should be generously dotted with butter before putting it in the oven.

Now put the chicken in a hot kettle on a rack, cover and let it smother and steam about one-half hour or more until tender, on a low fire.

When ready to serve place on a hot platter, pour over it the gravy, which has been added to it, a cup of hot cream (for two chickens).

This is especially delicious if the final smothering is done in a fireless cooker.

FRIED CHICKEN—Clean and joint 2 small "fryers," put two tablespoons each of butter and lard in baking pan and melt. Roll chicken in flour well seasoned with salt and pepper and lay in pan, making only one layer. Place pan in the oven, and when chicken is nicely browned on one side turn it over. When done remove to platter and garnish with parsley and serve with gravy made in pan.

* * *

A much easier and very much better way than frying chicken on top of the range is to put butter in a hot pan, lay in the well-seasoned and floured chicken, then place in the oven. In 20 minutes it can be turned if it is a golden brown, and returned to the oven until done. This is much more delicious than frying for an hour over a hot stove.

* * *

CHICKEN FRICASSEE—For boiling always select a nice, yellow, fat chicken. Do not remove all the fat. Cut up and boil about two hours, keeping plenty of water in the kettle. Always salt the water. While chicken is cooking bake a nice tin of biscuits. Make the gravy after the chicken has been removed and break the biscuits into gravy. Serve hot.

JELLIED CHICKEN—Boil one chicken until it falls from bones. Salt, pepper and strain off the broth. Cook the broth down till you have a scant quart. Dissolve in this two envelopes of plain minute-gelatin and add the chicken chopped. Put in mold and when hard, turn on a platter. Slice with a sharp knife and garnish with parsley and hard boiled eggs.

CHICKEN WITH PEPPERS—A delicious made-over dish of chicken is constructed with the aid of green peppers. Cut off the tops of the peppers and scoop out the membrane. Parboil for about five minutes. Cut up the chicken, mix with boiled rice, and fill the peppers with the mixture. Place in a baking pan and pour in enough stock or water, immerse the peppers half way, and bake for an hour.

PRESSED CHICKEN—Cook a fat chicken until the meat will separate from the bones. Remove the bones and chop the meat with six hard boiled eggs and one stalk of celery; season with salt and pepper and use enough of the broth to make the mixture smooth. Fill in a deep dish, place a plate on top and let stand until cold. If made just right it will slice nicely and make very good sandwiches. Beef can be fixed the same way and will be almost as good.

CHICKEN PIE CRUST—Two quarts flour, six teaspoons baking powder, one teacup lard, one teacup cream.

ROAST CHICKEN—Prepare the chicken with as little cutting as possible, tie up the neck and sew up where the crop has been removed, stuff with stale bread soaked, seasoned with sage and salt and pepper. Rub chicken with salt, place in deep dripping pan and fill the pan part full of water. Have a large spoon handy and dip the water over chicken while baking, turning occasionally. Two hours should roast a chicken nicely. Care must be taken not to have the oven too hot.

STEWED CHICKEN—Cut a young chicken into small pieces, put a tablespoon of lard and one of butter in an iron kettle and let it get very hot; put the chicken into it and fry brown on both sides; add salt and pepper, two medium sized onions and two bay leaves; add a little water, let stew until tender; when stewed grows dry, take out, put in some more water and thicken.

CHICKEN TARTLETS—To make these tartlets, chop three ounces of cold chicken and two ounces of ham very finely. Add a lettuce leaf chopped into small pieces, season with pepper and salt, and moisten with a generous supply of mayonnaise. Make a nice short crust, or puff paste if preferred; bake it in small, oval-shaped tartlet tins in a sharp heat, and when cold border round with the chicken mayonnaise. Powder the yolks of some eggs which have been hard-boiled, fill the center of the tartlets with this, adding a little of the mayonnaise, and sprinkle fine cress over the whole.

ROAST DUCK—To really enjoy domestic duck they should be kept in a small pen for a day or two and fed on barley meal or cracked wheat, with plenty of clean fresh water before they are dressed. As a general rule, two small ducks are better than a large drake the flesh of which is hard and dry and best adopted for a stew, salini, or braise. Clean the truss according to general directions, except that the feet are generally scalded, skinned, and twisted across the back, while the pinions and long neck are removed. Stuff and skewer the wings close to the side to make the breast as plump as possible. Roast from 35 to 45 minutes, basting often and dredging with flour, if it is wished to have a frosty appearance. Serve with good brown gravy and with apple sauce in a side dish.

STEWED DUCK—Singe, draw, and cut into eight pieces each two spring ducks. Season with pepper and salt and fry to a light brown on both sides in butter. Add a sliced onion and four ounces raw, lean ham cut in dice. As soon as these have browned a little dredge with one and one-half ounces of flour, and fry again till the flour is brown, then add one and one-half pints of beef broth, a gill of port wine, a bunch of parsley and sweet herbs to taste, cover closely and cook three-quarters of an hour. Remove the herbs, skim off all the fat, and serve in a potato border.

TO COOK A GOOSE—In buying a goose always select one of about nine or 10 pounds. You can tell a tender goose by bending the wings, same as you would a chicken. For the dressing take one pound prunes, about four apples pared and sliced and about four slices of stale bread; add a little sugar and cinnamon. This is the old German dressing for goose or duck; it flavors the meat fine and seems to cut the grease. Have the oven rather hot and after the goose has cooked about one hour take out most of the grease. Cook it about two hours. Cook and chop the giblets and add to the gravy.

* * *

In buying a goose, a young one will give at the breast-bone and under part of wings. Get butcher to draw it for you and wash it good inside. Before you start to fill it with dressing dry the inside and rub in a little salt. Chop fine three large onions, get one loaf stale baker's bread, crumb it fine; do not wet the dressing. Mix in a few pieces of butter, one-half small teaspoon sage (very scant), little pepper and salt, fill your goose, sew up with darning needle and white twine, tie down the wings and legs, put in pan with a little water; baste it well. Don't have your oven too hot at first; look in often and you will be able to see if your fire is too hot or too slow. Serve apple sauce with it.

ROAST TURKEY—Make a stuffing out of moistened bread crumbs; rub with salt, pepper and powdered sage. Fill breast and body, sew up with needle and course thread, basting often. A turkey weighing 12 pounds should roast at least three hours.

Having washed the heart, liver and gizzard put in pan and boil to make gravy.

THE THANKSGIVING TURKEY—Dress, clean and stuff 10-pound turkey. Place on its side on rack in dripping pan, rub entire surface with salt, and spread breast, legs and wings with one-third cup butter rubbed until creamy and mixed with one-quarter cup flour. Dredge bottom of pan with flour. Place in hot oven, and when flour or turkey begins to brown, reduce heat, baste with fat in pan, and add two cups boiling water. Continue basting every 15 minutes until turkey is cooked, which will require about three hours. For basting use half cup butter melted in half cup boiling water, and after this is used baste with fat in pan. During cooking, turn turkey frequently, that it may brown evenly. If turkey is browned too fast, cover with buttered paper to save browning. Remove string and skewers before serving. Garnish with parsley or celery tips.

MOCK TURKEY—To two cups of lentil pulp add one cup strained stewed tomato, two eggs, two cups walnut meal (made by grinding English walnut meats through meat grinder), one-half cup granola, one-half cup 20 per cent gluten, which has been browned in oven, juice of medium sized onion, a little minced celery and sage (pulverized), just enough to give it flavor, and one-fourth cup thick nut cream; salt.

The mixture should be quite stiff, as it will be if the water is separated from the lentils.

Place in common bread tin and bake in quick oven. If mixture proves to be thin, a longer, slower baking will be required, as it should be stiff enough when baked to slice nicely. Use a garniture of parsley or celery leaves.

As mock turkey recipe calls for granola I will send recipe:

GRANOLA—One pint or pound winter wheat flour, four ounces fine oatmeal, two ounces cornmeal, one-half pint water. Mix to stiff dough, roll thin, cut in strips, bake until strips can be easily broken. Grind in meat grinder or coffee mill.

FOWL HELPS

WHEN SINGEING CHICKENS, I always use whte wrapping paper, and I never have black or smoked chickens to clean.

TO COOK OLD FOWL—Half a cup of vinegar in the water will make an old fowl cook nearly as quick as a young one, and does not injure the flavor in the least.

FULL GROWN DUCKS should roast for one hour, or more in double roaster. Serve with currant jelly, apple sauce and green peas.

HOW TO ROAST FOWL—A fowl should always be placed on its knees, instead of on its back; then the juice will naturally fall, making the white meat, which is apt to be dry, juicy, and delectable. Twenty minutes before serving, turn the fowl upon its back to brown the breast.

Frostings

BOILED FROSTING—Secret of making good boiled frosting: One and one-half cups sugar, one-half cup water, whites of two eggs. Beat your eggs so stiff that you can turn the bowl over without their running out. Boil your sugar and water together until the thread is about three inches long; if shorter your frosting will not become firm; if longer it will be grainy. Pour sirup slowly on egg whites, beating all the time. Then take your egg beater and beat as long as you can, finish beating with spoon; it may take 15 minutes. In very warm weather place frosting bowl in bowl of ice water. If these directions are followed your frosting will never become hard or grainy and can be placed on your cake three-quarters of an inch thick.

CARAMEL FROSTINGS—One and one-half cups brown sugar (dark), one-half cup cream or milk (if milk is used add a piece of butter the size of a hickory nut), and boil until it threads. Take from fire and beat until thick enough so it does not run from cake. Flavor with vanilla.

Two cups white sugar, three tablespoons milk, butter size of walnut, one teaspoon flour; mix with milk, boil about 15 minutes, stir until cool; if too hard add a teaspoon of milk.

Boil one large cup of light brown sugar and a little water long enough to become fairly firm when dropped in water when testing it.

Have ready one tablespoon sweet cream and one tablespoon of butter in a dish and pour the boiled sugar over it. Beat till cold, or till it is thick enough to spread on the cake.

CHOCOLATE FROSTINGS—Melt three squares of chocolate; when soft add one tablespoon hot water, then one egg well beaten, one cup powdered sugar; flavor with vanilla. This is enough for a three-layer cake.

CHOCOLATE CREAM FROSTING—Take pulverized sugar, moisten with water, stir till very smooth; don't put in too much water, make just a good cream. I sometimes put on the white frosting and then put in a little chocolate and put on top of white. Flavor with vanilla; tastes like chocolate creams. This is an original recipe of my own.

CHOCOLATE FROSTING HELPS—Put a bit of paraffine, size of hazel nut in chocolate frosting or fudge, to give the glossy appearance confectioners give. Grate your chocolate on a lemon grater, then put in an air tight tin can and it is always ready.

EASY FROSTING FOR CAKE—One and one-half tablespoons sweet milk or cream and enough pulverized sugar to make it stiff enough to spread easily; will frost one cake.

EGGLESS FROSTING—Teaspoon powdered gelatin, three tablespoons hot water, one cup sugar; soften gelatin in cold water (about two tablespoons), then pour over the hot water. If not dissolved put on stove until it is, then put in sugar and beat hard until light and white; lemon juice assists this. I always use this recipe for icing. It is always good and more satisfactory than egg frosting even when eggs are cheap.

FRESH FRUIT ICING—Take about three medium-sized strawberries, crush thoroughly; stir into crushed berries enough confectioners' sugar to make desired consistency for icing; test by putting thin coating on a plate and when it hardens, spread at once upon cake. Any other berries or fruit may be used. This gives a real fresh berry taste to icing and is easy to make.

MAPLE FILLING—Boil a cup of good maple sirup till it hairs, or is brittle in cold water. Stir it into the beaten whites of two eggs, add chopped nuts and raisins. It makes a delectable filling.

MAPLE FONDANT—Filling: Cook two cups maple sirup until a little makes a soft ball in water. Take from stove and cool a little, then beat until it grains, adding a little at a time of thick sweet cream, using about two teaspoons. This will almost make a poor cake good.

MILK FROSTING—One cup white sugar, five tablespoons of sweet milk; boil together five minutes; take off fire and stir hard till cold; then spread on cake. This is sufficient for loaf or layer cake.

RAISIN FILLING—One cup sugar, 10 tablespoons water, whites of two eggs; boil sugar and water till it strings, pour into the beaten egg whites and add half a pound finely chopped raisins.

WHIPPED CREAM AND EGG FROSTING—Some one asked how to beat cream to the right consistency for use.

I have always found an egg beater the best for this purpose.

Another asked how to beat eggs, for frosting. A fork is best. Be sure your dish used is perfectly dry, and fork also. A little moisture will sometimes spoil your egg. A pinch of salt will help.

If you are in a hurry and your egg frosting falls, make one this way: One cup sugar, five teaspoons milk, boil hard five minutes, flavor with vanilla or other flavoring, and spread quickly.

WHITE ICING—One and one-half cups granulated sugar, one-half cup water; boil until it spins a thread. Beat whites of two eggs stiff, stir or beat the sirup into whites, flavor with extract. In using granulated sugar, if a recipe calls for two cups sugar, you only dare use 1¼ cups, as it is heavy. Use full amount soft white or brown sugar.

Fritters

FRITTER BATTER—One cup flour, rounded teaspoon baking powder, half a teaspoon of salt, mixed together. Beat the yolks of two eggs and one teaspoon sugar together. Add one tablespoon melted butter, beat hard for a minute, add a cup of milk, then the prepared flour and beaten whites of the eggs. Do not mix until you are ready to cook the fritters. Drop large spoonfuls of the batter into hot fat; when a golden brown, take out with skimmer and dry on hot colander.

CORN FRITTERS—Make a batter of one pint of sweet milk, one egg, one teaspoon sugar, one teaspoon baking powder 1¼ cups of flour, one-half teaspoon salt; into the batter stir lightly two cups corn (either canned or fresh) and drop batter by the tablespoonful into a kettle of hot fat. Cook a golden brown and serve with maple sirup.

CREAM CORN FRITTERS—To one pint of pulped corn add two beaten eggs, two tablespoons thick sweet cream, one tablespoon melted butter, and a scant half cup sifted flour, with salt and pepper to taste. Fry in deep fat, or on hot, greased griddle.

JELLY FRITTERS—One-fourth cup butter (scant), one-half cup boiling water, one-half cup flour, two eggs. Put the butter in a small sauce pan and pour in the water and as soon as it reaches boiling point add the FLOUR ALL AT ONCE and stir until mixture leaves sides of the sauce pan. Remove from the fire and add eggs UNBEATEN, one at a time, beating all the time. Drop by spoonfuls into deep fat. Drain, then make an opening with a fork and fill with preserves or any kind of jelly; sprinkle with powdered sugar. These are served with roast beef.

When these are frying, as soon as they are brown on one side they pop over on the other side. It is interesting to watch them.

This dough is improved if put in a cool place a day before frying.

FISH FRITTERS—Make a sauce of one tablespoonful of flour, one tablespoonful of butter and one-half cup of milk, cook until quite stiff, mix in one cupful of shredded fish, add one egg well beaten, salt and pepper to taste. Have as thick as for a batter, drop into boiling hot fat. Serve at once.

FRUIT FRITTERS—Make a plain batter, then add one cupful each of finely chopped raisins, dates, and nut meats. Drop in hot fat and fry a golden brown, sprinkle with powdered sugar and serve.

PINEAPPLE FRITTERS—Make special batter by creaming one-half ounce butter, into which a large tablespoon of sifted flour is stirred, then one-half teaspoonful of salt and sufficient rich cream to make it proper consistency. Add yolks two eggs, well whisked, and whites whipped to a stiff froth. Leave for an hour or so. Whip up well again just before using. The pineapple thinly sliced should be dipped into batter, fried five to eight minutes, drained well and served very hot.

TO PREVENT FRITTERS FROM SOAKING FAT——If a teaspoonful of good vinegar is put with the lard in which fritters, croquettes or potatoes are to be fried, and the lard heated slowly, you will find that these articles of food will not soak up the fat, and they will be very crisp and light.

Meats

BACON—Soak bacon in milk for 20 minutes before frying it, then lift it out, dip in flour and fry in hot frying pan sufficiently greased. The soaking in milk gives a fine consistency to bacon and the flour insures crisp crust. After frying, remove bacon, pour off all grease and stir into frying pan two tablespoons flour, gradually adding the milk the bacon was soaked in, season with salt and pepper. When sauce is thick pour it over bacon and serve at once.

BACON AND BANANAS—Chil and broil slices of bacon, then transfer to a hot platter. Have ready two or three large ripe bananas peeled and cut into rather thick rounds. Drain off nearly all the bacon grease, return the frying pan to the fire and turn the bananas into it. Sprinkle lightly with sugar and brown the slices on both sides. Heap the bacon in the center of the platter and arrange the border of the bananas around it. Serve very hot.

BACON AND CORN—One and one-half cups corn cut from cob. Have bacon sliced very thin and fry in usual way. Take up bacon, pour out extra grease and fry corn in same frying pan, letting it brown nicely and stirring to prevent burning. Serve both on chop plates or platter, piling corn in center surrounded by the crisp slices of bacon garnished with parsley.

BACON FRAZE—Dip thin slices of bacon in a batter of eggs, milk and flour; lay the bacon in a hot frying pan, pour the batter over it, brown both sides, dish on a hot platter and serve with corn muffins.

BACON (Fried)—Put a teaspoonful of Orleans molasses in the pan in which the bacon is fried. It comes out crisp brown and sweet and devoid of that strong flavor which it often has.

BAKED BEEF HEART—Cut a beef heart in two, wash, take out strings, rub with salt and pepper, fill with stuffing of bread and onion or sage, put heart together and tie so it will hold stuffing, salt and pepper outside and roast in hot oven 1½ hours. When done, thicken gravy and serve hot. If any is left, chop fine, cook, make gravy and pour over buttered slices of toast.

BAKED HAM—If you want something good try this way for cooking hams: Get a whole ham, boil 20 minutes to the pound, remove all brown skin, put in baking pan, fat side up, stick in whole cloves (about a dozen); mix one-half cup flour and one-half cup brown sugar together and put over top; makes hard, crisp and also flavors ham. Bake one hour.

* * *

Try baking thick slices of ham with a pint of milk over it. Let the ham stand in boiling water for about a minute, put a pinch of sugar, pepper, salt and butter on it, then the milk. This should bake an hour in moderate oven. When potatoes are partially boiled put them in with the ham. Baste frequently.

* * *

BAKED LIVER—One and one-half pounds calf's liver in one piece (enough for four persons). Soak 10 minutes in weak salt water, take off th'n white skin, score about one inch apart, lay slice of fat bacon in each score and two or three slices around liver. Season, bake until done. Have sweet potatoes boiled. Slice lengthwise once, lay in pan and brown. Make gravy of browned flour and water.

BAKED PIGSFEET WITH TOMATO SAUCE—Soak pickled pigsfeet in cold water one hour, trim nicely, dip in beaten egg and crackers, rolled fine, place in dripping pan with a speck of butter, cover bottom of dish with water. Bake three-fourths hour, serve with tomato sauce, made with tomatoes, onions, piece of butter and thickening.

BAKED ROUND STEAK—Cut up steak, place a layer in deep baking dish, sprinkle over some flour and bits of butter, then more steak, flour and butter until all is in pan; fill two-thirds full of water, cover tight, place in oven. In two hours it will be done tender and there will be plenty of creamy gravy in the pan.

BALLS (Beef)—Mix with one can of potted beef a minced onion, one tablespoonful of boiled and chopped parsley and half a cupful of bread crumbs; season with salt, pepper, nutmeg and grated lemon peel; moisten with beaten egg, form into balls, roll in flour and fry. Serve with brown gravy.

* * *

First boil one teacup of rice soft; when cold add 2½ pounds of Hamburg steak ground fine; a little salt and mix, add one egg, boil one small hard head of cabbage whole, until the leaves can be taken off without breaking; to each leaf put one tablespoon of mixture and fasten with toothpicks; steam until meat is cooked through, serve with cream sauce.

BALLS (Ham)—Three-fourths pound uncooked ham (scraps cut from the bone after all slices suitable for frying have been cut will do as well as any). Two slices of white bread; grind or chop bread and meat, and add one-third cup of sweet milk and dash of pepper. Form into balls and fry in butter until golden brown.

BEEF A LA MODE—Piece of beef from rump or round, trim off fat of skin, rub meat on both sides with salt and pepper, same as you would a roast. Put meat in china bowl with three ribs of garlic, six cloves, four bay leaves, two large onions sliced, pour large glass vinegar over all and cover with plate smaller than bowl, so meat will be pressed down. Let stand three days and turn meat twice a day. To cook same: Heat very hot a good size piece of lard, put in meat well drained, brown meat on both sides, take out meat, put large tablespoon of flour in kettle, brown slightly and dissolve with cold water to avoid lumps. Put meat back in gravy, pour in the brine, cook on slow fire two hours; watch closely, add water when necessary; excellent sliced cold.

BRAISED BEEF—Braised beef is best when the beef has a little fat on it. Four or five pounds of meat are required. Beef should be cut in squares two or three inches and one and one-half inches thick. Dredge squares with a little flour, season with salt and pepper. Fry one-half pound fat pork cut in slices in braising pan until crisp, add cup of onions sliced, and half a carrot. Fry vegetables until brown, then add squares of beef and two tablespoons water. Cover pan and cook slowly from two to three hours, browning meat on all sides. Remove beef, add a pint of water and a tablespoonful of flour, mix with a little water to the contents of the pan. When ready to serve pour gravy over meat. Delicious and economical.

CHOPS (Breaded)—Dip each chop in a beaten egg, then in bread crumbs which have previously been dried in the oven, and rolled fine, then fry slowly, care being taken not to burn. For all frying use beef suet instead of lard. It can be tried out the same as lard and is much better and more wholesome.

CHOPS (Pork)—Lay chops in frying pan, pour on just enough cold water to cover them. Cover with tight lid and let cook until water is all boiled away. Season to taste, let brown nicely and serve. Anyone with a delicate stomach will find they can easily eat pork chops if cooked this way.

CHOPS (Creole Pork)—One pound loin pork chops, one-half can tomatoes, four onions, red pepper, salt; fry chops till golden brown, pour over them tomatoes, slice onions over, season with pepper and salt. Simmer for an hour.

CREAMED BEEF—One pound of fresh round beef; put in very hot pan and turn quickly with fork until all seared. Add butter (one tablespoonful) and as soon as it is melted stir through the beef. Dredge one tablespoon flour into pan and stir again until flour is well browned. Add one small cup cream or rich milk and boil it two minutes. Season with salt and pepper and serve on hot toast. This is a very good dish and cheap and made in short time.

CREAMED BOILED HAM—Take small bits of boiled ham cream same as dried beef.

CROQUETTES (Beef)—One cup of cold boiled beef, chopped fine, one-half cup of cold boiled or fried ham, also one-half onion chopped up. Season with salt, one-half teaspoon pepper and teaspoon of powdered sage or parsley if liked. Heat together with one-half cup of stock or milk; when cool add a beaten egg. Form in small balls, slightly flattened, roll in egg and bread crumbs, fry in hot drippings. Serve on platter and decorate with parsley.

CROQUETTES—Rub together one tablespoon of flour and one tablespoon of butter. Add one-half pint of milk. Stir well, then add one pint of chopped meat and some onion juice. Set aside for two hours or until the mixture is firm. Mould into small balls and dip in egg, and roll in cracked crumbs. Drop the balls into hot lard to cook. When a rich brown remove to a platter and serve. Chicken, chopped steak or odds and ends of meat are used to advantage in this way.

CURRY OF BEAF, MUTTON AND PORK—Take any scraps of left-over meat, two onions, one tablespoon curry powder, small piece butter rolled in flour and some stock made from bones. Cut meat into small pieces, fry nice brown with onions, then stir in curry powder, pour over stock, thicken with the butter rolled in flour and stew very gently for one hour. Boil one cup rice and serve with a border around curry. This is a dish that goes fine on cold days and a good way to use up all scraps of meat.

CUTLETS (Veal)—Cut in pieces two inches square and pound each piece until twice as large as when you began. Dust with salt and pepper, lay upon each piece a leaf of parsley and strip of bacon, roll it up and skewer with toothpicks. Roll in flour, brown in butter. When brown add enough water

to cover; simmer till tender. Take out, remove skewers, arrange on platter; add a little cream to gravy in pan; thicken slightly and pour over meat.

CUTLETS (Veal with Ham)—Purchase two veal cutlets. On one place a slice of ham, cover with second cutlet; place in roasting pan and cook until tender in an oven hot at first, to sear the meat; then lowered to moderate heat. The gravy will be delicious, as well as the meat.

DRIED BEEF—Take what shaved dried beef you want for a meal, put in your frying pan with a good-sized piece of butter and brown. Cover with milk, and thicken.

* * *

Drop dime's worth of chipped beef into pint of cold water, place on stove, mix (free of lumps) spoonful of flour with some of the water. As soon as it boils stir in the flour, break in one or two eggs, add generous piece of butter; pepper and salt to taste. Remove at once from fire.

ESCALOPED PORK CHOPS AND POTATOES—Cut up potatoes in thin slices, wash, then grease a baking dish, put in one layer potatoes, salt, pepper, little butter on first layer, dredge with flour, then another layer of potatoes, etc., on top have only potatoes, pour over them a cup of milk, then lay pork chops on top and salt and pepper, bake in slow oven one hour.

ESCALOPED LIVER, ONIONS AND POTATOES—Cut liver into small pieces, place in dish, pour hot water over, let stand; then peel potatoes and onions, wash, slice; have a deep baking dish ready; put in a layer of potatoes and onions, and a layer of liver on top, season with salt, pepper, butter and lard; repeat this until dish is filled, leaving potatoes and onions on top. Pour into this about one-half tea cup of water, turn a basin over this and bake about 1½ hours in a moderate oven. Cheap and very nice.

ESCALOPED VEAL AND MACARONI—Boil one-fourth pound macaroni 20 minutes in salt water. Drain and rinse in cold water. Cut into one-half inch pieces. In another vessel chop one pound cold boiled or roast veal; season with salt, pepper and a scant teaspoonful curry powder, a pinch of lemon peel. Into buttered bake-dish put layer of macaroni, sprinkle with pepper and wet with milk; cover this with stratum of the chopped meat, dot with bits of butter; proceed thus until your materials are all used up. When all are in the top layer should be of veal. Butter well, cover with two beaten eggs, which have been mixed with teaspoonful of curry powder, wet with cream. Strew profusely with fine crumbs. Cover and set in oven for 15 minutes or until heated through. Remove cover and brown quickly.

FRIED BEEF KIDNEYS—Wash a fresh kidney and cut in thin slices, rejecting all the hard white portions; lay in cold water containing a spoonful of vinegar for half an hour, drain and dry in a cloth. Put butter the size of half an egg with a spoonful of drippings in a frying pan, and when very hot throw in the kidney, stir and shake for five minutes; season with salt and paprika, shake over a tablespoonful of flour, and when browned slightly add a half pint of stock or gravy of any kind. As soon as a thick, smooth gravy has formed, finish the seasoning with a teaspoonful of lemon juice and two of minced parsley.

FRIED CALF'S HEART—Slice heart crossway, soak in cold water one-half hour; roll in flour, salt and pepper; fry in butter till brown and thoroughly cooked. Serve hot. One heart will serve three people.

FRIED HAM—How to have soft, juicy ham: Soak slices of ham in just enough milk to cover for several hours, then sprinkle both sides with flour and fry light brown in a little fat.

FRIED LIVER WITH GRAVY—After well salting the liver, cover with boiling water and allow to remain for five minutes. Take out of water, drain, sprinkle with salt and pepper, fry in hot skillet, with one tablespoon butter. When nice and brown, pour on enough hot water to cover. Mince one onion into it, allow to simmer until all the water has evaporoted, then add the same amount again, and, when it boils, thicken with flour. We like it as well as steak. Beef heart may be prepared same way, but will require longer boiling.

FRYING MEATS—Fry all meats in dripping pan in oven. They require no turning; have better flavor, do not scent the house so much and the top of the stove is free from the grease that spatters over.

Should it spatter in the oven it only helps to keep the gas oven from rusting.

HASH (Liverwurst)—For the benefit of those who do not know: Liverwurst is the German name for liver sausage. Boil about six medium potatoes for a pound of liverwurst. Chop an onion fine. When potatoes are boiled mash in your liverwurst and raw onion. Season to taste. If in no hurry put pan in oven and brown slightly.

HASH (Mother's)—Cold meat of any kind will do, but canned beef is best; always remove all surplus fat and bits of gristle. Put meat through food chopper and to one-third of meat add two-thirds of cold boiled potatoes, (also run through the chopper), salt and pepper, add onion chopped fine. Put a little butter in a dripping pan, heat on stove, add the hash, dredge with a little flour, place in oven and when a crust has formed on top, take out and you will have a delicious hash.

LEFT OVERS—Make a nice biscuit dough, roll out round, make a little heap of small bits of meat in center (any meat left over will do, or pork steak (cut small), draw together at the top, put in a pudding bag and boil an hour.

* * *

Take any broken piece of roast beef, mutton, veal or small pieces of fish well cooked. Make a batter of one egg, one teaspoon baking powder, one cupful milk, salt and pepper and flour to make a thick batter just so that a spoonful of the meat can be rolled in it so as to be perfectly covered. Drop into a skillet of hot fat and fry brown.

* * *

When one has pieces of cold roast beef left over from a meal, something quite delicious can be made from it for a luncheon. Here is the recipe: Small slices of cold roast beef, one tablespoon butter, three tablespoons jelly, wash of cayenne or paprika, a little salt and glass of sherry or Madeira. Put butter into dish. When melted add jelly, cayenne or paprika, salt and sherry. Then add beef and serve smoking hot.

* * *

A savory way of serving remnants of a roast of veal, mutton or beef, which the familly have dubbed as "left-over ragout," is made as follows: Fry in butter until tender and colored a light yellow, a cupful of sliced Spanish, Bermuda or young onions; add a cupful each of cold gravy and canned or fresh stewed tomatoes, with paprika salt and a pinch of curry powder, if curry is liked; stew 15 minutes and add the sliced cold meat; when hot through, arrange a mold of nicely boiled rice in the center of a steak platter, lift out the slices of meat, let them overlap around the rice, and pour the gravy over all.

* * *

A very good way to use up leftover bits of ham is to chop fine one cupful, then make noodles of two eggs and cut into squares about the size of dice; now throw noodles into boiling water, let boil three minutes, then strain and put boiled noodles into chopped ham. Beat two eggs with one-fourth cup milk, pour on noodles and ham, mix well and bake in well-greased pan for about 20 minutes or until light brown.

This is very good for lunch boxes or picnic baskets, also to serve for luncheon.

* * *

Left-over fried pork chops or ham—chop very fine, season to taste, mix some salad dressing with it and make sandwiches for tea some day.

* * *

A nice breakfast dish is made from cold steak left over from dinner the night before. Chop or grind meat in food chopper, put in sauce pan and add boiling water in proportion of two cups water to one of meat; then add a lump of butter size of an egg, salt and pepper to taste; thicken with flour and water to make a thin gravy and pour over slices of toasted bread. The toast may be buttered first.

* * *

Chop fine any meat left over, season to taste, add hot gravy. If you have no cold gravy to heat, put tablespoon butter in skillet and when hot add level tablespoon flour; stir till dark brown, add cup cold water; stir till free from lumps. Put in chopped meat; when well mixed pour in mold and slice next day. Do not bake it.

* * *

Make corn-meal mush in usual way. After rendering out t meat, take scraps, chop fine, stir in mush, while hot turn n square pan to cool; when cold, cut in thin slices and fry brown; serve with maple sirup. Delicious.

* * *

Here is a new version of ham and eggs. The end of a boiled ham, or a ham that has passed the slicing stage, is sometimes difficult to dispose of without waste. Chop very fine a cupful; mix with equal quantities of cracker or fine bread crumbs, and moisten to a soft paste with cream; put in a flat buttered dish, take a small round-bottomed coffee cup and make depressions in the mixture, break an egg in each, dot the whole with bits of butter and place in a good oven until eggs are set. Sufficient for four persons. The ham and cracker should be made hot before putting in a baking dish. New potatoes stewed in cream and light corn-meal gems are nice accompaniments.

Take cold meat of any kind (pieces left from the table), cut in pieces a quarter of an inch square, put in a frying pan and cover the meat with water. Then put in a small piece of butter, pepper and salt, and when this comes to boil stir in a little flour and water previously mixed.

* * *

LOAF (Beef)—Two pounds of chopped beef and one-half pound of salt pork ground together. Add to this: Two eggs, one-half teaspoonful of sage, one onion chopped fine, eight rolled crackers, pepper and salt to taste. Mix well and form into loaf. Then roll in cracker crumbs and place in bake pan. Lay small pieces of butter over the top and put sufficient water around it to make gravy.

LOAF (Beef and Kidney)—One-half pound rump steak, one-half pound beef kidney; cut up small; place in jar with sufficient cold water to well cover, place jar covered, in saucepan of water and keep boiling for about three hours. Take hard-boiled egg, cut it in slices, place slices singly in basin or glass mold (not a fancy one); next place meat (with gravy) in mold and add one-half ounce sheet gelatin to gravy; keep this over fire until qunite dissolved; season well and pour gently over meat. When quite cold turn out. This is a most delicious breakfast or supper dish and has been tested many times.

LOAF (Creole Beef)—Grind together 20 cents' worth round steak, 5 cents' worth fresh pork, with one small onion, a little celery; salt and pepper to taste. Mix with one cup milk, one cup toasted bread crumbs, one beaten egg, one heaping teaspoon butter. Form into loaf, put into hot oven for 10 minutes, cover with one part seasoned tomatoes or chili sauce. Bake 1½ hours, basting often. Keep tomatoes heaped on top. Serve with gravy of tomatoes. May be varied by using oysters.

LOAF (Veal)—Three pounds of raw veal chopped fine, butter the size of an egg, three eggs, three tablespoonfuls of cream or milk; if milk is used, use a small piece of butter; mix the eggs and cream together, mix with the veal four pounded crackers, one teaspoonful of black pepper, one large tablespoonful salt, one large tablespoonful of sage; mix well together and form into a loaf. Bake 2½ hours, basting with butter and water while baking. Serve cut in thin slices.

OXTAILS (Braised)—Take three ox tails and have them chopped; add three large carrots and a good sized onion and chop them; salt and pepper to taste, cover with water and let cook about four hours until brown, these are delicious.

PICKLED BEEF—For 100 pounds beef, take six pounds salt, two pounds of sugar, two ounces soda and three gallons of water. Boil and take off all the scum. When cold pour brine over meat (if brine is not sufficient add water), and weight down the meat.

PIE (Beefsteak)—Use 1½ pounds of beefsteak cut in pieces, put lump of butter size of egg in frying pan, let heat until quite hot, put meat in pan, sprinkle with salt. Have ready a batter made of one pint of sweet milk, half cup butter (or lard), one teaspoon salt, two teaspoons baking powder sifted with enough flour to make stiff batter; add pint water to beef. When boiling point is reached cover meat with batter and bake half hour, adding water as it boils away.

PIE (Pork)—Fry pork crisp and brown, chop fine, season with upper and lower piecrust.

PIE (Shepherd)—Take all bits of cold meat that have accumulated, chop (but not too fine) and heat them up in the various kinds of gravy also left over, seasoning with pepper and salt, if needed, and sage, if liked. Add one or two onions chopped fine and one cup of cooked rice. Line a baking dish with mashed potato, set in oven a few minutes to slightly harden, then pour in the filling; cover with mashed potato, dot with bits of butter and bake a few minutes in a hot oven. As an accompaniment serve warm biscuit and apple sauce.

PIE (Veal)—Procure shank veal, stew until tender. Take out and cut meat from bone in small pieces. Have four medium-sized potatoes diced; cook in stock for 10 minutes. For crust: Two cups sour milk, two tablespoons lard, one-half teaspoon soda, one-half teaspoon baking powder (putting soda in milk and baking powder in flour), flour enough to make stiff dough. Line earthen baking dish with a little more than half of pastry. Place meat in crust, sprinkle with a little flour, put potatoes in and few bits of butter and pepper. Pour a little of stock that meat was cooked in, over this. Cut remainder of dough in narrow strips and criss cross over top; bake one-half hour in moderate oven. Thicken remainder of stock and serve with pie.

POT ROAST—Use any cheap piece of beef, boil till quite tender. When ready to serve it place in frying pan over slow fire. Add a bit of lard if needed, brown well and turn and brown till well browned. Make gravy of tablespoonful flour, wet with a little milk till smooth. Then use stock from

pot for the gravy. Cook gravy in frying pan after taking up meat. Serve meat by slicing and dip each slice in hot gravy. Serve hot. This is a pot roast, but in no other way is cheap beef so palatable.

* * *

I take pride in being able to cook the toughest piece of beef and making it tender. A short rib cut is the best. Wash thoroughly, cut up one-quarter pound suet, put in frying pan with four good sized onions, sliced; when fat is well cooked put in roast and brown well on all sides (this retains juices). Put in pot, add a little boiling water, add more from time to time, cook slowly (about 3½ hours) until done. Season with salt one hour before done.

* * *

PUDDING (Beef)—Two and one-fourth pounds of beef, lean and tender; suet, one pound flour. Cut all fat and skin from meat, cut in small squares; season with salt and pepper. Chop suet very fine; two cups flour, one cup suet, salt. Mix all together, make with cold water a dough so you can roll it nicely. Roll edge of dough thinner. Put meat in middle, wet edge of dough and pinch together. Wet pudding cloth and leave pudding loose in cloth, tie with string. Have boiling water enough in kettle to cover pudding, put some salt in, cook four hours. The last half hour put potatoes in. Serve in deep dish. Cut round piece from top of pudding and pour one or two cups liquid in for gravy.

PUDDING (Beefsteak and Kidney)—Two pounds of rump steak cut in small pieces, two kidneys cut small, line a deep dish with a good suet crust, place alternately a layer of kidney and steak, with salt and pepper, until the dish is full; pour in sufficient water to come within two inches of the top, cover the pudding, press two crusts together, that the gravy may not escape. Flour a pudding cloth, tie it over the pudding, put into boiling water, and boil steadily for four hours. Oysters or mushrooms added to this pudding, if liked, give a delicious flavor.

RELISH (Ham)—Take one cupful of minced ham, three hard boiled eggs and one-half cupful of cream. Put the cream on to scald in a double boiler, mash two of the egg yolks with a little of the cold cream and chop the whites. Stir the yolks into the hot cream, add minced ham and egg whites and salt and pepper to taste.

RELISH (Spiced Beef)—Take two pounds tender beefsteak, chop it very fine, put into it a little pepper, salt and sage, two tablespoons melted butter and four rolled crackers made very fine, two well-beaten eggs; make it in the shape of a roll and bake. Baste with butter and water. Before cookng, when about done, slice an onion, lay on top. When cold, cut in slices.

RELISH (Veal Cheese)—Prepare equal quantities of boiled sliced veal and smoked tongue. Pound the slices separately in a mortar, moistening with butter as you proceed; then pack it in a jar or pail mixing it in alternating layers, first the tongue and then the veal, so that when cut it will look variegated. Press it down hard and pour melted butter over the top. Keep it well covered and in a dry place. Nice for sandwiches or sliced cold for lunch.

RELISH (Veal Olives)—Cut up a slice of fillet of veal about half an inch thick into square of three inches. Mix up a little salt pork, chopped with bread crumbs, one onion, a little pepper, salt, sweet mayonnaise, and one egg well beaten; put this mixture upon the pieces of veal, fastening the four corners together with little skewers; lay them in a pan with sufficient veal gravy or light stock to cover the bottom of the pan, dredge with flour and set in a hot oven. When browned on top put a small bit of butter on each and let them remain until quite tender, which will take twenty minutes. Serve with horse radish.

ROAST BEEF (Cheap Way)—Two pounds roundsteak, sprinkle with flour and pound well. Fry as for steak. When fried brown, put in enough hot water to cover and cook slowly for 1½ hours. Make a thick gravy. Can't tell it from roast beef.

ROAST BEEF OR PORK—Wash meat and place in a gallon crock, season with salt and pepper, and cover tightly with a tin, placing a flatiron or heavy weight on tin to keep the steam in. Set crock over a gas fire turned as low as possible, and covered with an asbestos mat, for about four hours, and your roast will be delicious. When about half done turn meat once, and just before taking up turn on gas a little and brown slightly.

ROAST LEG OF PORK (Stuffed)—Remove bone entirely from nice fresh ham of about seven pounds; make small incisions all over skin on top; rub inside one teaspoon salt and one saltspoon pepper. Wash one quart beans, put two quarts cold water with one-half tablespoon salt, one onion, one clove,

...o sprigs parsley; boil 1½ hours, drain, remove onion, parsley and clove; take half the beans, pass through strainer; keep the other half for further use. Chop two large onions, put in saucepan with tablespoon butter, cook three minutes, but do not brown; add to mashed beans with two tablespoons chopped parsley and one saltspoon black pepper; mix well, stuff ham with it, sew opening, put string all around to keep it in shape. Sprinkle all over one teaspoon salt, one saltspoon pepper, put in large pan with one-half cup stock. Roast in moderate oven 1½ hours, then add the other beans and cook one hour more. After first half hour of roasting baste well every 20 minutes. Remove string and serve. Soak beans over night before using. This stuffed ham is delicious hot or cold.

ROAST LOIN OF PORK—Select rib roast of pork off tenderloin end. Peel enough onions and carrots to serve as vegetables. Place pork, onions and carrots in roaster, sprinkle salt and pepper to season and two tablespoons flour. Over this pour enough cold water to about half cover pork. One hour before ready to serve add potatoes cut in half and roast to a nice brown. After all are cooked remove and thicken gravy, if necessary. This saves washing of pans and needs but little attention. Also makes a well-flavored meal.

ROAST SPARE RIB—Trim off the rough ends neatly, crack ribs across middle, rub with salt, sprinkle with pepper, fold over, stuff with turkey dressing, sewing up tightly, place in dripping pan with pint of water, baste frequently, turning over once so as to bake both sides equally until a rich brown.

ROAST YOUNG PIG—For a month-old pig, well grown and plump, wash well and keep well wrapped in a wet cloth until stuffing is ready. For stuffing take a cupful of bread crumbs, one chopped onion, two teaspoonfuls of sage, three tablespoonfuls melted butter, pepper to taste, half grated nutmeg, half teaspoonful of salt, two well beaten eggs. Mix all these ingredients, except the eggs, moisten with half cup of warm milk, beat in the eggs, stuff the pig to his natural size and shape, sew him up and bend his forefeet backward and his hind feet forward, under and close to the body. Dry pig well and dredge with flour. Put it to roast with a little hot water slightly salted in dripping pan. Baste with butter and water a few times, then with the drippings. A month-old pig will require about two hours in brisk oven. For your gravy add a little hot water, thicken with brown flour, boil up once, strain and when you have added half a glass of wine and half the juice of a lemon, serve in a tureen. Cut a bunch of celery and put in pig's mouth; garnish with parsley on platter. This looks very nice. Apple sauce, mashed potatoes and turnips are very good with roast pig.

ROLLS (Beef)—One and one-half pounds ground beef, one cup ground crackers, two eggs, pepper and salt to taste, butter size of a nut, one cup sweet milk, or more if too stiff. Bake three-quarters of an hour.

* * *

Make a rich baking powder biscuit dough and roll it out ...ne-fourth of an inch in thickness. Chop cold beef and spread ... dough. Put bits of butter, salt and pepper and a sprink...g of flour on the meat: roll up and bake in a quick oven.

SALT PORK, SLICED—Cut off all rind, put slices of pork into frying pan, freshen by putting cold water over, then set on fire until it comes to a boil. Drain and dip slices into mixture of two tablespoons milk to every egg beaten light, then roll in flour and fry. When meat is fried, to every tablespoon hot fat use one tablespoon flour; brown this nicely, then thin with milk and season. This makes a nice gravy, especially if one has baked or plain boiled potatoes.

SAUSAGES—If before frying sausages you drop them into boiling water you will find they will be same size when done as they were before; prevents them from shriveling and breaking open and they serve again as far.

Take sharp knife and cut skin, take out all meat, put into dish, add one egg, mix good, then form into little patties and fry; taste much better and also serve farther; when cut thin, make very good sandwiches. Roll in flour before frying.

SAUSAGES (Baked)—Baked sausages are good and do not spatter stove in cooking. If in a sheetiron pan they can be kept covered until entirely cooked, browning sufficiently.

SAUSAGE CAKES—Mash finely cold potatoes in a good sized bowl and mix in sausage meat enough to make it tasty, according to amount of potatoes. Mix well together, add a little salt and pepper, and a small lightly beaten egg. Make two round cakes, cover with bread crumbs, and fry a golden brown. No fat is required for frying, as the sausage is enough. It makes a tasty dish for supper and is a nice one for left over potatoes.

SAUSAGE ROLLS—Make ordinary pie crust (not quite so rich, as fat from sausage enriches it), roll, and cut pieces of pastry round, enough to place over pork sausages. Prick sausages and place them neatly within pastry. Wet and press together firmly edges of pastry. Place rolls in a slow oven

in ordinary baking tin (floured a little). Cook until brown. Very nice served warm or cold with catsup, chili sauce or the like.

SCRAPPLE (Philadelphia)—Two pounds of pork (piece off the shoulder preferred). Boil until tender in two quarts of water. Remove meat from the water into a chopping bowl. Chop until fine. Put enough corn meal to make a soft mush with the water in which the meat was cooked and add to this pepper and salt to taste. When the mush is well cooked, put the chopped meat into the mush and stir thoroughly. Put into a granite pan to cool. This is an excellent dish to be served for breakfast.

STEAKS—(Beefsteak Smothered in Onions)—Slice the onions thin and drop in cold water; put steak in pan with a little suet. Skim out onions and add to steak, season with pepper and salt, cover tightly and put over the fire. When the juice of the onions has dried up and the meat has browned on one side, remove onions, turn steak and fry till done, being careful not to burn.

STEAKS (Hamburg) AND TOMATO SAUCE—Two round tablespoons chopped meat, one-quarter teaspoon salt, pepper, few drops onion juice, sauce, one teaspoon flour, salt, pepper, one-third cup strained tomatoes. Melt some butter; when bubbling add flour, salt and pepper. Then put over a low fire and add tomatoes and put over fire until foaming.

STEAK (Round)—Have it cut two or three inches thick, put on bread board and work into it all the flour it will take; put butter in skillet, put meat in and brown on both sides, then pour hot water in; season with salt and pepper, put lid on, shove on back of stove and let simmer till done; this is fine and delicious when cold.

STEWS (Cheap Cuts of Beef)—Brown in some beef suet or nice clean drippings two medium-sized Spanish onions, with a tablespoon of paprika; then put in meat wiped perfectly dry; brown on both sides, turning several times till thoroughly brown; cover tightly, place weight on lid so steam cannot escape; cook half hour, remove lid, season well with salt and pepper; cover again, cook slowly till tender; place asbestos lid under kettle. If you like, put potatoes in about an hour before serving. Lift out when done and make nice gravy. Meat is cooked in its own juice and is delicious.

* * *

Get a large fresh soup-bone with some meat on. Cook slowly for two hours. When meat is done add one-half teaspoon of salt, one good-sized carrot grated, a little sliced onion, other vegetables if liked. Some nice home-made noodles or dumplings are excellent, or plain stock with crackers is nice if liked. The cost of this is but 20 cents; nice enough for any man to sit down to if made right.

* * *

For large stew, get two pounds beef flank, cut in pieces one inch square (all skin, etc., should be cooked, then remove from kettle when meat is tender). Use abundance of cold water to cook meat in, adding hot water if more is needed later. When meat is tender add one quart or more raw potatoes cut in small squares, sliced onions to suit the taste, and any kind of vegetables desired (leftovers may be used).

STEW (Corned Beef)—One small can corned beef, one can peas, cut up corned beef, put in stewing pan, drain water off peas, add peas, one large onion, several potatoes (sliced thin), pepper and salt. Cover with water, boil until potatoes are done, then thicken with flour. Enough for good-sized family. A new recipe.

STEW (Economical)—Slice cold beef or mutton, season with salt and pepper, dredge over it a little flour, put in a stew pan with some cold gravy or a little water, add onion sliced fine and a few potatoes. Stew gently until tender. If gravy is not used, add a little butter rolled in flour a few minutes before stew is served.

STEW (Kidney)—This recipe is my own and we like it very much. It is also a very reasonable meal. Cut the brown meat off two beef kidneys into small pieces, being careful not to get any of the white inside; put into spider, fry a little without any grease; a water will appear, then disappear; let fry a little longer, stir so it won't burn, then add enough hot water to cover a large piece butter, pepper and salt. Stew like this for one hour; while stewing make the gravy. Take two heaping tablespoons flour, one tablespoon lard, two tablespoons butter, brown in pan; when dark brown, add enough water to make gravy (not too thick); add this to kidneys, boil together few minutes—do not let gravy get too thick. Raw fried potatoes, spring or fried onions and Parkerhouse rolls go very nicely with this.

STEW (Kidney and Tomatoes)—One-half pound of kidney. Remove the core and cut in slices one-half or one-fourth inch thick. Season some flour with salt, pepper and

minced parsley into which roll the pieces of kidney. Slice onions fine and fry in drippings until nicely browned. Then add kidney and cook about 10 minutes. Cook tomatoes until soft and rub through a sieve. Drain off some of the fat from the kidney stew and add the tomato puree and cook slowly for about 30 minutes. Arrange a border of mashed potatoes around the edge of a hot dish and pour the stew in the center.

STEW (Lamb's Kidneys)—Slice kidneys crossways about one-half inch thick, place in stewpan, cover with cold water, let boil from three to four hours, or until very tender. Keep covered with water until within half-hour before done, then salt and pepper. Let water cook out gradually until enough is left for nice gravy, then add a little flour and butter, making it proper consistency, and serve.

STUFFED BAKED HEART—Wash and soak heart in cold-salted water for 40 minutes, wipe and stuff with a forcemeat of bread crumbs and any kind of chopped meats, seasoned with salt, pepper and paprika, moistened with milk. Sew up and lay heart on bed of sliced onions and tomatoes. Pour a little water over, roast for two hours, thicken gravy with flour, season to taste and strain over the heart.

STUFFED BEEF'S HEART—Wash thoroughly; cut through partitions with long, sharp knife (be careful not to cut through the outside). Make stuffing of bread crumbs, a little butter, one egg, sage, salt and pepper, fill cavity, cover with greased paper or cloth to secure stuffing, bake two hours in roaster with plenty of water. Put valves into a saucepan of cold water and a sliced onion. Let simmer one hour, run through food chopper, add to liquor, thicken with flour, serve as gravy.

STUFFED STEAK (Or Mock Duck)—Take flank or round steak, pound well, season with nice dressing, roll up, tie closely with twine, put in kettle with quart of boiling water, boil slowly for one hour, take out, put in self-baster, adding water in which it was boiled, bake one hour or until a nice brown. Make gravy of drippings. Delicious sliced down cold.

SWEETBREADS—These are great delicacies. The color should be clear and a shade darker than the fat. Before cooking let the sweetbreads lie for one-half hour in lukewarm water, then throw into boiling water to blanch, then into cold water to cool; after which draw off the outer casing, remove the little pipes, cut into thin slices. To fry, parboil five minutes, wipe dry, lard with narrow strips of pork with a needle. Put a very little butter into a frying pan, when hot lay in the sweetbreads and fry to a crisp brown, turning often.

* * *

Another way to cook sweetbreads is to slice thin, sprinkle chopped parsley over them, dip into batter made of one cup milk, one egg, one cup of flour, pinch of salt and one-half teaspoon baking powder. Fry like fritters.

SWEETBREADS (Mock)—Dip slices whole wheat bread in beaten egg with tablespoon milk added, season with salt, fry light, turn in hot butter, place on hot platter, serve with following sauce poured over: Two cups milk thickened with dessert spoon cornstarch, season to taste, add generous lump butter and cup chopped walnut meats; pour piping hot over "sweetbreads," serve immediately. Garnish with sprigs of parsley.

TONGUE (Boiled Beef)—Wash clean, put in pot with water to cover, add salt and a small pod of red pepper. (If tongue is corned do not add salt), add hot water from time to time as it boils away, and boil four hours without piercing it with a fork. Take out, take off the skin and set away to cool. Soak salt tongue over night and cook the same way, omitting the salt.

TRIPE FRICASSEE—Make a cream dressing of tablespoonful each of flour and butter and a cupful of milk. Cut the tripe into slices and season with salt, pepper and lemon juice; then brown in butter, turn the sauce over it, simmer for five minutes, and dish and serve with boiled potatoes.

TRIPE WITH TOMATOES—Two pounds dressed and boiled tripe; cut into small strips two inches long, put into sauce pan, parboil and drain off first water; chop small onion fine, let all stew 20 minutes, add one-half cup thickening, then stir in half a can of tomatoes. Season with salt and pepper. A very good dish and not expensive.

MEAT HELPS.

When ordering a rib roast ask the butcher to send the trimmings along with the roast, as they will make stock for soup.

* * *

In boiling meat to slice down cold, wrap well all over with clean white twine. There will be no ragged ends or small bits, but all nice, firm slices.

Chopped beef or pork cracklings are good to use in Indian bread, which is usually served warm, or they may be mixed with bread and mashed potato seasoned and fried like sausage.

* * *

Mix one cup of steamed dry bread with every pound of hamburg steak. Steam bread by pouring hot water over it, then cover and let stand a few minutes.

* * *

Baked apples with turkey or ham are fine. Bake very light brown. Pare and core nice sized apples, halve and place in pan, fill each half with piece of butter, teaspoon sugar, and a little nutmeg.

* * *

If a ham is plunged from boiling water at once into ice water the fat will harden white and firm, giving the meat a fine color.

* * *

Let ham soak over night in milk. In the morning wipe the ham off and dip it into flour and fry; ham will be as tender as chicken.

* * *

Ham that is boiled in a bag and kept in it will remain moist and tender to the last slice. The greasy bag excludes the air.

* * *

Liver should be thrown into boiling water after being sliced thin and then fried in lard or drippings.

* * *

If meat is not desired for use at once, remove it from paper in which it comes from butcher, and put on dish in ice box, as that spoils flavor.

* * *

A tablespoon of sugar added to the water for basting roast beef will give a rich brown color and improve the flavor.

* * *

Wet your chopping bowl before putting in meat, and it will prevent greasing it.

* * *

Slow and long cooking will make tough meat tender.

* * *

It is much more economical to prepare meats with a dressing of some kind since they "go so much further."

* * *

When you put your roast in the oven put a small dish of vinegar in also. It will not only keep your meat from burning, but will make it much more tender than it would otherwise be, improving the flavor as well. A tablespoonful of vinegar put in a five-pound pot roast will make the meat more tender and palatable.

* * *

If link sausage is left in a dish of cold water one minute, then cut the length of the link with a sharp knife, the covering can be easily removed. Sausages retain their shape, and when served may be eaten with a fork only.

* * *

To keep sausage, pack in flat crocks, set in oven and cook through; there will be enough lard on top to keep it. Tie up and set in cool place.

MEAT AND ACCOMPANIMENTS.

Roast lamb, mint sauce.
Roast turkey, cranberry sauce or currant jelly.
Boiled turkey, oyster sauce, onion sauce.
Boiled fowls, bread sauce, onion sauce, lemon sauce, cranberry sauce, jellies and cream sauce.
Boiled mutton, onion sauce, caper sauce.
Roast mutton, currant jelly, caper sauce.
Roast veal, tomato sauce, mushroom sauce, onion sauce, cranberry sauce, horseradish.
Roast pork, apple sauce, cranberry sauce.
Roast beef, tomato sauce, grated horseradish, mustard, cranberry sauce, pickles.
Roast goose, apple sauce, cranberry sauce, grape or currant jelly.
Roast fresh mackerel, stewed gooseberries.
Roast blue fish, white cream sauce, lemon sauce.
Broiled shad, mushroom sauce, parsley or egg.

Mincemeats

ENGLISH MINCEMEAT—One pound beef suet, one pound raisins, 1½ pounds currants, one-half pound sugar, a little brandy, one pound apples (peeled), two nutmegs, three-quarters pound miscellaneous peel, two lemons (rinds and juice).

FRUIT MINCE—Two pounds suet chopped fine, one peck of sour apples peeled, cored, chopped fine, one loaf bread crumbed, one pound citron, lemon, orange peel cut fine, two pounds raisins, two pounds currants, six pounds brown sugar, spice to taste, using cinnamon, cloves, allspice and nutmeg grated. One gallon cider boiled down one-half, one pint brandy, mix all well together, but do not boil, put away in stone jar. This "fruit mince" costs about 10 cents a pound; will keep indefinitely, and needs but one trial to convince you of its merits.

GREEN TOMATO MINCEMEAT—One peck of green tomatoes, one peck of green apples, five pounds of soft sugar, one pound of raisins, two tablespoons of cinnamon, one tablespoon of cloves, one tablespoon of salt, two teaspoons of nutmeg, one teaspoon of ginger, one cupful of boiled cider, one cupful of boiled vinegar, one cupful of chopped suet. Chop tomatoes quite fine, drain, cover with water, put on fire and scald; drain. Repeat this three times. After draining put on stove, add sugar, suet, salt, raisins and apples chopped fine. Cook about one hour, then add apples, vinegar and cider. Cook a few minutes longer and can.

MINCEMEAT —Two pounds lean beef chopped fine, one-half pound suet, 1½ pounds raisins, one pound currants, one pound citron, one pint molasses, two cups brown sugar, one quart cider, one peck chopped apples, one-half teaspoon salt, one-half teaspoon pepper, one teaspoon cinnamon, one teaspoon mace, one-half teaspoon of allspice and cloves, two grated nutmegs. When you put it into the crock add one pint brandy.

MOCK MINCEMEAT FOR PIES—One cup of cold water, one-half cup molasses, one-half cup dark brown sugar, one-half cup cider vinegar, one-half cup melted butter, one cup of raisins, one-fourth cup of rolled cracked crumbs, one cup of currants, one egg beaten light, one teaspoon of cinnamon, cloves, allspice, nutmeg, salt, one-half teaspoon black pepper.

PLAIN MINCEMEAT—One bowl finely chopped meat, three bowls chopped apples, one-half bowl suet, one-half bowl currants, one bowl seeded raisins, two cups boiled cider, three nutmegs (grated), two tablespoons cinnamon, one teaspoon salt, one-half teaspoon pepper. Sweeten with brown sugar, add a little fruit juice to make quite moist, cook thoroughly and can.

VEGETABLE MINCEMEAT—One peck green tomatoes chopped fine, cover with boiling water, let stand one hour, then drain. When well drained add two quarts chopped apple, one cup chopped suet, two pounds chopped raisins, four pounds brown sugar, two teaspoons cinnamon, two of cloves, one nutmeg, one teaspoon salt, two-thirds of pepper; mix all together and cook one-half hour; take off of stove and add one big cup of vinegar. Can and seal while hot.

Noodles

DRIED NOODLES—Stew noodles in a little salt water, boiling, for about a quarter of an hour, stirring occasionally. Drain in a sieve, put a tablespoon of butter in a kettle, crumb a small piece of stale bread, add noodles, stir until a light brown. In eating the dry noodles some prefer a few drops of vinegar.

QUICK NOODLES—Beat one egg, add pinch of salt, work in as much flour as possible. Form in a hard ball and run through food chopper. Noodle-making in this way does away with the work and trouble of rolling, drying and cutting, and they are ready for use immediately.

NOODLES FOR TWO—One egg and water enough to fill half the shell; one-half teaspoon salt, enough flour to make stiff dough; roll out, cut in fine strips, let dry for an hour, boil in soup stock 10 minutes; serve immediately.

NOODLES WITHOUT MEAT—Prepare noodles in usual way. Cook 10 minutes in boiling salted water. Drain. Have half cup of bread crumbs browned lightly, in half cup of butter. Add noodles, stir well and serve.

NOODLES WITH ONE EGG—When making noodles for small family use one egg and once, twice or three times its bulk in water, as you like. Mix egg and water together and make the noodles as usual.

* * *

If noodles are wanted quickly, after the dough is rolled out very thin place clean cloth in warm oven and place rolled dough upon it. Watch and turn and noodles are soon ready to cut. Be careful not to get too dry.

Nuts

ALMONDS (Salted)—One-half pound of almonds. Pour one quart of boiling water over them; let stand four minutes. Pour off hot water and put on cold. Rub off hulls with fingers. While almonds are warm, sprinkle over them one teaspoon of fine salt and let stand two hours. Then put in moderately hot oven and brown carefully. If kept in closed can, will keep for weeks. Use no butter or oil.

NUT LOAF—One-half pound bread or cracker crumbs, one-fourth pound butter, one-fourth pound nut meats, season, salt and pepper to taste; one egg, one pint water (hot), put bread and butter in chopping bowl, pouring over water very hot; then nut meats chopped very fine; add egg and seasoning, mix very thoroughly, grease pudding pans, scatter around some bread crumbs (or crackers), put in mixture, bake one hour; serve on hot platter with brown sauce. Cook together one tablespoon butter, one of flour, one cup water; boil until thickened and season to taste.

NUT LOAF WITH TOMATOES—To a cup of dried cracker, or bread crumbs, add one egg, or two are better, and a cup of chopped nut meats. Pecan meats are best, but if too expensive use half a cup of walnuts. Add enough milk to moisten the crumbs, and a little butter. Bake in a tin bread pan or baking dish and serve hot. Or, if sliced cold it is delicious covered with a strained tomato sauce. Use the juice of a can of tomatoes, thickened with a little flour and well seasoned. Or make the sauce of canned soup, thickened and strained.

NUTMEGS (To Test)—Prick them with a pin; if good the oil will instantly spread around the puncture.

Omelets

CHEESE OMELET—These form a particularly appetizing little dish. To four eggs allow two dessert spoonfuls of grated cheese, a teaspoonful of finely minced parsley and a seasoning of salt and pepper; then when sufficiently beaten, fry and serve in the ordinary way.

COCOA OMELET—Separate five eggs. To the well-beaten yolks, add three tablespoons cream, pinch salt, three teaspoons cocoa and one tablespoon sugar. Fold in beaten whites, cook two minutes in omelet pan, then brown in oven and serve immediately.

EASTER OMELET—Put skillet on stove with a generous teaspoon of butter in it. Beat four or five egg yolks to a creamy froth, adding toward the last a large spoonful of sugar and a spoonful of lemon juice.

Whip the whites of eggs stiff, and when butter is hissing hot, fold in with the yolks. When partly cooked add two large spoonfuls of grated pineapple.

Fold the omelet over and slip off on a hot dish, sprinkle with powdered sugar and serve at once.

Omitting the sugar and pineapple and adding chopped mushrooms, you have a delectable dish.

PLAIN OMELET—Four eggs, beat yolks and whites separately, beat white till very stiff, add little salt to yolk, fold white on top of yolk. Grease skillet with butter, put yellow in and white on top and bake in quick oven.

Pancakes

EXCELLENT BATTER CAKES are made of leftover rice and oatmeal. Stir in eggs, sour milk, salt and flour, one teaspoon soda to one pint sour milk. Stale bread can also be soaked and added to pancake batter.

OLD-FASHIONED BUCKWHEAT—One cake of yeastfoam in a half cup of lukewarm water. Soak for half an hour. One quart lukewarm water, one cup cornmeal and a pinch of salt; first add the cornmeal, now stir in the plain buckwheat (not the prepared). Stir in until pretty thick; now add yeast and set in a warm place until morning. When you are ready to bake them, take one teaspoonful of soda and stir in a cup of warm water and enough to make the batter the proper consistency. This makes them light and spongy.

BUTTERMILK PANCAKES—One quart of buttermilk or sour milk, a little salt and a teaspoon of baking soda, flour enough to make it thin (butter is for other pancake), one egg or two beaten good. Fry in a hot griddle in a little lard. Use maple sirup over them.

COMBINATION PANCAKES—Soak one cup of cornmeal over night in sour cream, sour milk or buttermilk. In the morning add scant teaspoon salt, one cup entire wheat flour, one cup of white flour and two eggs, well beaten. Add sour milk to desired consistency and scant teaspoon soda dissolved in a little warm water.

CORN BANNOCKS—Eight tablespoons cornmeal, four tablespoons white flour, a little salt, stir all together; tip of teaspoon saleratus dissolved in two cups boiling water, stir in mixed meat and make mush. Add beaten egg and enough cold milk (sweet) so it drops easily from spoon into hot fat; fry brown. Have enough fat in frying pan so they swim. Serve with maple sirup or sprinkle with sugar. Much better than mush. Try it.

DELICIOUS PANCAKES—Fill a quart bowl with hard bread and cover with cold water; let stand over night, press out water, add one cup sour milk, one-half teaspoon soda, one-half teaspoon salt, add enough flour to make batter and bake on hot griddle.

PATTIE CAKES—One cup sugar, two eggs, one cup sour cream, teaspoon of soda, a little salt and flavoring, and about two cups of flour. Bake in gem tins.

POTATO PANCAKES—Eight large raw potatoes, peeled and grated; one teaspoon salt, one-half teaspoon sugar, two tablespoons sifted flour, one-half teaspoon baking powder, two eggs, well beaten. Mix in order given, stir well and bake on hot, well greased griddle. Do not bake too fast or potato will not be thoroughly cooked.

RHODE ISLAND SPAT OUTS—One pint sweet milk, four tablespoons of wheat flour, two eggs well beaten. Indian meal to make a stiff batter and a little salt. Spat into round cakes one-half inch thick, fry in hot lard like doughnuts, split and eat warm with butter.

PANCAKE HELPS.

FOR GREASING pancake griddle, cake tins, etc., buy a small paint brush of good quality for grease crock. Is much easier to handle and better than small cloth.

PANCAKE GRIDDLE—Rub fresh turnip on it. Will prevent smoke and sticking.

GRIDDLE CAKES—If flour and sour milk for griddle cakes are thoroughly mixed the night before needed, the cakes will be more delicate in the morning. Add shortening, soda, salt, but no flour.

SERVE APPLESAUCE with potato griddle cakes. It improves the dish.

Pastry

GERMAN PASTRY—Take two eggs well beaten, mix them well with their weight in flour and sugar. Beat well together with a fork. Lay half the paste on the tin and put it into a quick oven. When a little set spread over it any jam liked, then add the remainder of the paste and bake again until ite set. When cold cut into fingers and sprinkle a little ar over them.

PIE CRUST—An easy recipe for pie crust would be the 1-2-3 rule, as follows:

One measuring cup (about one-fourth pint or equal to an ordinary teacup) of flour.

Two tablespoonfuls of lard.

Three tablespoons ice water.

Mix flour and lard with a knife, cutting it together in a small bowl. Do not roll it in the hands. Then add the water gradually. It makes just enough crust for a medium sized pie.

* * *

One-half pint flour, one tablespoon (heaping) lard, one-half teaspoon (level) salt; mix well. Then add enough water o roll.

* * *

PIE CRUST WITHOUT LARD—Take one pint of flour, ne heaping teaspoonful baking powder, butter size of egg and old water to mix. Sift flour and baking powder several times, ub in the butter, then add enough water to mix. This quanti- will make four pies.

PIE CRUST MADE WITH WARM INGREDIENTS—Use two-thirds cup of sizzling hot lard, one-half cup cold water; stir quickly while hot into 3¾ cups flour in which use salt to taste; while using it is best to keep crust and each article warm, as it is hard to roll out when cold; also keep warm after rolling, as it soon hardens and is hard to press edges together when cold; splendid to use in winter. Have good opening in top crust.

CREAM PUFFS—Let one cup milk and one-half cup butter come to a boil, stir in one cup sifted flour; when cool, add three well beaten eggs, drop on buttered tins and bake 35 minutes in moderate oven. When cool cut tops off with sharp knife and fill. Cream for filling: One cup milk, one-half cup sugar, one egg, three tablespoons flour; flavor with vanilla. These are nice in place of so much pie.

TIMBALE PASTRY—Two eggs, one-half cup milk, one-half cup flour, one even teaspoon sugar, one-half teaspoon salt, one tablespoon olive oil. Mix ingredients thoroughly; batter will be as thin as thick cream. While lard (which must be deep enough to cover timbale iron) is heating, place iron in it, as a hot iron is absolutely necessary. When lard is hot, wipe quickly the iron with a cloth which must be at hand; dip iron into the batter (which is best held in a good-sized granite kitchen cup), not quite covering the iron and

put into the lard. The timbale will cook in about 10 seconds. Push it off the iron and, above all things, remember to wipe the iron after each timbale is made. The amount of batter given will make about 40 timbales.

Pies

APPLE CUSTARD—Line a pie tin with rich crust, fill with sliced apples, sprinkle three-fourths cup sugar and a little cinnamon over them. Then beat one egg in a cup, add a little sugar, fill cup up with milk and beat. Pour this over apples and bake 30 to 40 minutes.

APPLE (Evaporated)—Put desired quantity of apples in water, soak over night. In morning wash, drain and make into pies without cooking, seasoning with cinnamon or nutmeg and one cup sugar to a large pie; then bake. They are delicious and cannot be told from fresh apples.

APPLE (Dutch)—Pare and quarter tart apples. Arrange in crust as closely as possible, put over cinnamon, bits of butter, a little flour and sugar to sweeten. Lastly pour cup of milk or cream over, and bake with only one crust.

APPLE (Green)—Use a rich, short paste. Roll pretty thin. Cover bottom crust with one tablespoon of flour. Put in the green apples sliced quite thin. Sprinkle over them bits of butter, two-third cup brown sugar, a little water and a sprinkle of flour. Wet sides of crust and cover with upper crust; fasten down well. Bake quite brown in rather slow oven. Eat while fresh. Never use granulated or white sugar for fruit pies.

APPLE (Old Fashioned)—Fill a deep pie dish with thinly sliced pared apples, covered with a substantial crust of rich baking powder biscuit dough, and bake. When browned to a turn slip a knife around the inner edge, take off the cover, and turn bottom upwards on a plate. Then add a generous supply of sugar, cinnamon, and cloves to the apples, mash all together and spread evenly on the inverted crust. Serve with cold cream.

APPLE SCOTCH—Fix crust same as for custard pie and cut apples up fine in the crust; then take one cup of sugar and half a cup of flour, wet the flour with milk, season with nutmeg and a little butter, add enough milk to half cover apples.

BANANA—One cup sweet milk, three-fourths cup sugar, two tablespoons flour, two eggs (save whites of one egg for frosting). Cook this like thick cream, add one teaspoon vanilla; after cooking bake the crust and slice two bananas in the crust and pour the custard over them; beat the egg-white stiff and add two tablespoons sugar; spread on the pie and brown in the oven. By adding two tablespoons of grated chocolate to the custard and omitting the bananas you have a fine chocolate pie recipe.

BUTTERMILK—Two cups of buttermilk, two eggs, two tablespoons flour, two tablespoons butter; flavor with lemon. Tastes like lemon pies.

CARROT—Three carrots, two eggs, one cup milk, one-fourth teaspoon extract of cinnamon, allspice, grated nutmeg; one-half teaspoon ginger. Carrots are to be boiled and mashed, rest of recipe added; put in crust and bake.

CHEESE—One pound dairy cheese, grate or mash it, put in two eggs, four tablespoons sugar, half cup sultana raisins, two tablespoons cream, one teaspoon vanilla. Bake with two crusts.

CHERRY—One quart sour cherries, two tablespoons flour, three-fourths cup sugar. Stone cherries, add flour and sugar, stir until flour is mixed well. A sprinkle of flour on under crust, then add fruit. Bake with two crusts. If flour is added to any fresh berry pie before fruit is put into pie, the juice will never run out.

CHERRY MOCK—One pint cranberries cut in halves; one-half cup raisins, one cup sugar, pinch salt; one tablespoon flour and one tablespoon butter rubbed together; over this pour one cup boiling water (stirring it), add one teaspoon vanilla and cook all for 10 minutes. Bake in upper and lower crust same as any fruit pie.

CHESS—Beat the yolks of three eggs with one cup of sugar, add one-half cup of butter, one-half cup of flour, one teaspoon vanilla and milk enough for two pies (about two cupfuls). Bake with one crust only, using the remaining whites of eggs for frosting. Brown in oven slightly.

CHOCOLATE—Grate a small half cup of bitter chocolate and put into a pan with one cup hot water. Take butter the size of an egg, one cup of sugar and the beaten yolks of two eggs, two tablespoons of cornstarch dissolved in a little water, one teaspoon of vanilla. Mix well and cook, then put into a baked crust with the whites of the eggs on top, and brown in the oven.

COCOANUT—One-half cup cocoanut soaked in one cup of milk. One scant cup of sugar and one tablespoon of butter creamed together. Into the creamed butter and sugar stir one heaping tablespoon of flour and the yolks of two eggs. Use the beaten whites of the eggs for meringue.

COCOANUT CUSTARD—One and one-half cups powdered sugar and a heaping tablespoon of butter; cream together. Beat two eggs separately and add yolks to creamed mixture, also a pinch of salt and a little nutmeg. Scald pint of milk, let cool, add 1¼ cups grated cocoanut and beat in whites; stir all together. Line deep pie-tin with rich crust, prick it well with a fork, pour in mixture and put in very hot oven until custard is set; then turn fire very low and bake 45 minutes. This recipe can also be used for cream pie by omitting the nutmeg and cocoanut and adding vanilla.

CRANBERRY—One large cup cranberries cut in halves lengthwise, one-half cup seeded raisins cut fine, one cup sugar, 1½ tablespoons flour mixed with sugar, one-half cup water, three teaspoons vanilla. Bake with two crusts.

CRANBERRY MAPLE SYRUP—Line a pie tin with a thin, delicious pie crust, put in the bottom a teacupful of maple syrup which has been mixed with a teaspoonful of flour; over this spread one teacupful of cranberries (raw), cover with a thin crust and bake.

CREAM—Cream together the yolks of two eggs and one cup of sugar, 1½ tablespoons cornstarch and a pinch of salt. Have ready 1½ pints of milk boiling hot. Stir the creamed eggs in the boiling milk and let cook a few minutes. Have pie shell ready and put this in the shell. Whip the two whites to a stiff frosting, adding one tablespoon of sugar, spreading on top of pie, then sprinkle with cocoanut and set in the oven to brown.

CRUMB—Three cups of flour, three-fourths cup butter and lard mixed; rub together as pie crust, then add 1½ cups sugar into this, then divide into two parts; add to one part one cup of sour milk or buttermilk. Grease and pour into the pans, then sprinkle the remaining crumbs on top; bake.

CUSTARD WITHOUT MILK—Use three eggs to a pie if you have them (two will do) and take hot water (not hot enough to cook the eggs); beat up your eggs same as if you had milk and mix eggs and water together. Fill your crust same as if you had milk and then add to each pie a lump of butter the size of a walnut, cut into small pieces and dropped around on each pie. The butter is a substitute for milk.

CUSTARD WITH ONE EGG—One egg, scant half teaspoon salt, four tablespoons sugar, one heaping tablespoon flour, small lump butter; put all together in this rotation, beat thoroughly till light and creamy, then add nutmeg or flavoring as desired, and milk. As nice as if more eggs were used.

DATE—Make a flaky pastry, line deep pie tin and bake. Allow one pound of dates for each pie. Seed and stew, using two tablespoonfuls sugar and four of water. Stir while cooking until very soft and mushy. When cool, fill crust; serve with sweetened whipped cream, flavored with vanilla.

ELDERBERRY—We are very fond of this kind of pie, but do not like the seeds, so I can the juice. I use tapioca and let it stand over night, then make the pie as usual. Do not get in too much tapioca. One trial will show anyone the right quantity to use.

FRUIT OR BERRY PIES—Bake crusts first, then slice fresh peaches and shake well in some granulated sugar; fill crusts full and pour over top a meringue made of whites of two eggs well beaten with a little sugar added and brown in oven. This does not cook fruit and is good as shortcake. Delicious made with any fresh berries.

GRAPE—Wash about a bowlful of grapes and separate. Cook pulp till seeds separate, stirring so it will not burn; put through fine sieve. Add strained pulp to skins, with about a cupful of sugar; cook all together till thick, stirring often. Bake in two crusts. Grapes prepared in the same way are nice canned. The grape pie suggestion was given to me by a grandmother seventy years old. We never used canned grapes until prepared in that way.

GREEN TOMATO—Fill pie half full of thin sliced green tomatoes, slice thin half a lemon, put lemon on top of tomatoes. Three-quarters cup granulated sugar, stir in sugar a heaping teaspoon flour, put sugar on last, bake with upper and lower crust; eat when cold.

LEMON—Lemon pie is my long suit and this is my recipe: Grated rind and juice of one lemon, one cup sugar, one heaping tablespoon flour, yolk of one egg, butter the size of walnut; use enough cold water to mix the above ingredients to a smooth paste, then add one cup of boiling water; place on stove and stir until it boils. Bake crust separately, pour in custard. Beat white of one egg stiff and add two tablespoons sugar; spread on pie and return to oven to brown.

LEMON CUSTARD—Grated rind and juice of one lemon; stir in smoothly two tablespoonfuls flour; one cupful sugar, yolks of three eggs, two cupfuls milk. Place on stove, stir continually until it comes to a boil. Bake pie crust separately and have well perforated. Fill crust with custard. Beat whites of three eggs to stiff froth, stir in three teaspoonfuls granulated sugar. Spread on top of custard, return to oven and brown.

LEMON RAISIN—One or two lemons, three eggs, three tablespoons flour, one pint seeded raisins, one cup sugar (or enough more to suit taste). Beat eggs until light with the sugar. Add the juice and grate rind of lemons and mix with the flour, being careful that the flour is not lumpy. Add raisins and two cups of water (hot water). Cook until the mixture thickens, stirring constantly. Enough for two large pies. Bake with two crusts, with good sized holes on top, as there is a tendency to boil out.

LUNCH BASKET PIES—Line deep gem pans with pie crust, put in sliced apples, season as for pie. With a cooky cutter cut sufficient top from crust for the pies, pinch edges tightly together. These are much better for lunches than ordinary slices of pie.

MINCE—Here is my recipe for mince pie: Meat boiled very tender and chopped, five cups; uncooked chopped suet, two cups; stoned raisins, unchopped, three cups; English or dried currants and cherries, each one cup; brown sugar, five cups; nice cider, six cups; or if no cider is to be had, water, 3½ cups, and good vinegar, 2½ cups; but these not equal to the cider. Citron chopped, two cups; cloves, cinnamon, nutmeg, mace, allspice (all powdered) and salt, each one tablespoonful (more of all or any of these spices or salt if desired on tasting); then grated rind and juice of two lemons. For two cups of this mixture use three cups of tart apples, chopped; if not juicy enough use more cider. As this makes a very large recipe it can all be mixed, cooked and canned and used as desired. If good results are desired the pie crust should be very short; bake with under and top crust.

MINCE (Mock):—One cup bread crumbs (or rolled crackers), one cup sugar, one cup molasses, one cup vinegar, one cup water, one cup raisins, one-half cup butter, one teaspoon each of cloves, cinnamon, nutmeg. Put all together, let come to boil; makes three pies.

ORANGE—One orange (juice and grated rind), one scant cup sugar, one tablespoon lemon juice, one cup cold water, yolk of one egg, two tablespoons cornstarch. Bake bottom crust first, cook other ingredients as for lemon pie, frost top of pie with white of egg, one tablespoon sugar. Bake brown.

PEAR CUSTARD (New)—Line a deep pie tin with good paste and bake until done in a quick oven. Nearly fill the shell with ripe pears, pared and cut in very thin slices; sprinkle powdered sugar between the layers of the slices. Beat two eggs (reserve the white of one with one cup of milk, a pinch of salt, and two tablespoons of sugar; pour over the pears. Grate a little nutmeg over the top. Bake until the custard is firm. Whip the white of egg to stiff snow with one tablespoon of powdered sugar, spread over the pie, set back in oven to brown. Grated cocoanut can be put over the top before putting in to brown if you wish.

PECAN—Line a pie pan with crust, and bake. Filling: Cook cupful of cream, one cupful of sugar, four eggs, saving the whites of two for meringue; one cupful of chopped pecan meats chopped fine. When the mixture thickens fill the crust and put on the meringue of the two whites of eggs beaten stiff, and sweeten. Sprinkle over meringue a few finely chopped pecan meats. Brown in oven.

PIEPLANT—One cup each of sugar and pieplant stewed together. While hot, beat in the yolk of one egg. Have pie crust baked and put the beaten white of the egg on top of pie. Put in oven until a light brown.

PINEAPPLE—A pineapple, its weight in sugar, half its weight in butter, one cup of cream. Beat the butter to a creamy froth, add sugar and yolks of three eggs, beat until very light. Add the cream and pineapple grated, beat whites of the eggs to a froth, bake in one crust, and eat cold.

POTATO (English)—For family of four: Boil until tender, two pounds beefsteak with onion, then cut in small pieces, place in oven, cook 30 minutes. Then, three-fourths of an hour before dinner put in potatoes, cut small as meat, with flour to thicken (not too much). When potatoes are partly done, put on deep pie crust, and bake, serve it in pan, pinning white napkin around. A little curry makes this pie all the better.

PRUNE—Wash one-half pound cheap prunes in several waters; then let soak over night in one pint water. Next morning add juice one-half lemon, stew until plump and tender. Use pie dish of medium size (not too shallow); line with pie crust made from any good recipe. Spread evenly on crust: One tablespoon flour, then pit prunes, opening them wide

and spread out flat. Cover bottom well with prunes with no space left between them, but do not have more than the one layer. Use from one-half to three-quarters cup sugar (depends upon taste and tartness of prunes), sprinkle with a little flour, fill dish with the juice; juice must be real tart; if it isn't add more lemon juice. Wet edge of crust and put on upper crust, pressing edges together well.

The pie wants to be as full of juice as possible, without boiling over in the oven. Bake in quick oven.

PUMPKIN—Cut pumpkins in small pieces and pare. Steam until tender. Mash through colander. Place in kettle and stew carefully until dry. One large cup pumpkin, one teaspoon salt, one teaspoon ginger, one teaspoon cinnamon, a little nutmeg, two beaten eggs (do not beat to a froth), sugar (brown) to taste, one tablespoon molasses rich milk to make sufficient quantity for one pie. Rub bottom crust with white of egg. Do not let the filling boil while baking.

* * *

A certain doctor who used to eat frequently at our house told his wife that my pumpkin pies were the best he ever ate, so I send my recipe for eggless pumpkin pies. Wash the pumpkin, cut into inch tubes, without paring, cook till soft, then dry till brown all through. Run this through a colander. To one cupful pumpkin add 1½ cups milk, one-half cup sugar, one-half teaspoon ginger, one-half teaspoon cinnamon, one-half teaspoon nutmeg, pinch of cloves, dash of salt. Bake slowly till top puffs up. The secret of success lies in working the pumpkin dry and brown—a little scorching not hurting it any. For something extra nice, spread a little sweetened whipped cream over the pie, just before serving.

* * *

QUINCE—Have two pans lined with crust. For filling: pare and grate one medium sized quince; add two heaping tablespoons flour, 1½ cup sugar, yolks three eggs, mix with three cups of milk or water; put in pans and bake. Beat whites of eggs stiff, stir in several teaspoonfuls of sugar, spread on pies, put back in oven, bake to a light brown.

RAISIN—Remov the seeds from one pound of raisins. Cover with cold water and let stand over night. Stew in the same water, adding more if needed, until the raisins look clear. When cool add one-half cup sugar, the grated rind and juice of one small lemon, one-half teaspoon salt or one tablespoon butter. Bake with two crusts, dredge the raisins lightly with flour before the upper crust is set in place.

SWEET POTATO—Will use up left-over steamed potatoes. One large or three small ones peeled and pressed through colander; add one egg, one cup sugar, teaspoon ginger, one-half teaspoon cinnamon, sufficient milk to fill crust. Better than pumpkin pie.

WASHINGTON—I think this is the genuine original Washington pie. The recipe was obtained years ago from an old lady. But whether original or not it certainly is a very fine dessert, whether with or without cream. Grate two or three large sour apples and about half the peel of one lemon, one teacup sugar; set on stove and stir until cooked. Cake: Butter size of egg, three eggs, one-half cup sweet milk, one cup sugar, one small teaspoon soda, two cream tartar, one heaping cup flour before sifting. Bake in three pans, spread with the prepared apple. Can frost with whipped cream, but it is fine without.

PIE HELPS

WHEN MAKING JUICY PIES, wet and pinch the crusts together as usual and then bind with a strip of white cotton cloth which has been wrung out of cold water. Press it lightly over the edge of crust, letting the lower edge hang around the side of the tin, and, after the pie is baked, it can be easily removed by taking hold of an end and pulling.

TO KEEP PIE FROM RUNNING OVER—Roll lower crust a little larger than pan, wet it thoroughly around edge. Do not trim until upper crust is in place. Then trim both; after pressing firmly together prick top several times with fork to let steam out.

IN BAKING JUICY PIES that are apt to boil over cut top crust just a little smaller than tin in which it is baked; lay in so that a little rim of filling shows all around. This will prevent boiling out around edge. Open top crust in center as usual.

IN MAKING BERRY PIES cut a tiny hole in the center of the top crust, and when ready to bake made a cornucopia of brown or any paper without printing and slip apex into hole and half way into the berries. This is an escape for all of the air, and your pie will not run over or bubble.

TO KEEP JUICY PIES from getting damp or soggy on the bottom, lay a piece of white paper on the plate and place the pie on the paper. The paper will absorb the dampness.

JUICY PIES—First stew the fruit, sweeten and thicken with cornstarch or flour to the right consistency. Let cool. Put into crust and bake. Pies made this way do not soak and crust remains flaky.

TO PREVENT JUICE from soaking into bottom crust of fruit pies, sprinkle bottom crust freely with flour before putting in fruit. To prevent pies from sticking, flour piepans well instead of greasing.

PIE CRUST will not be soggy if it is brushed over with the white of an egg before the fruit is put in.

ALWAYS PUT SUGAR used in a pie in the center of the fruit, not at the top, as this makes the crust sodden.

SAVING PIECRUST—I save all tops of baking powder and coffee boxes, then when making pies I have any dough left I use some of them to bake shells in. When done fill with jelly or other filling, and they will never go begging.

IN MAKING PIECRUST, if about one-half teaspoonful of baking powder is used for each pie, it will take less lard, and be more healthy.

PIE SCRAPS—To use scraps of pastry left from making pies, roll out thin; on one-half sprinkle currants thickly, over these a little light brown sugar, fold over and roll again to press together cut in squares and bake quickly.

TO HAVE EVER-READY pie dough crumbs, take from one to two quarts flour, one moderate teaspoon baking powder to a quart; salt and shortening enough that, when pressed in hand, will keep in form. Keep covered. Use two large handfuls for two crusts.

Will have very little waste and save lots of time in making up dough each time. Keeps indefinitely.

RAISINS FOR PIES—Stew one pound raisins, using plenty of water. Sweeten, add thickening made of one tablespoon flour, one-third cup of water, stirred smooth. Stir constantly to keep from getting lumpy. This will make three pies. It not only makes them go farther, but takes away that strong taste. They are also nice for the table prepared in this way.

MINCE PIES—When apples are scarce or cannot be obtained, use dried apples; cannot tell the difference.

WHEN MAKING FRUIT PIES that require flour, sift part of the flour on bottom crust, place the fruit next and the remainder of flour needed on fruit with sugar on top of all. It seems to jell up nicer.

Puddings

APPLE—Pare three or four apples, slice thin (like for pie), sprinkle with half cup sugar and some cinnamon. Take 1½ cups sour milk, teaspoon baking soda dissolved in little hot water, add flour enough to thicken, then one egg well beaten, add apples, bake 20 minutes. Will make for two pie tins. Serve with cream and sugar.

BANANA—Two cups sugar, one-half cup butter, one cup sweet milk, two eggs, three teaspoons baking powder, 3½ cups flour. Bake in a loaf. When cold cut in slices the desired size. Allow one banana for each person, crush and sweeten, spread on slices of cake and serve with sweetened whipped cream.

BERRY—One pint pastry flour, one-fourth teaspoon salt, one tablespoon sugar, two teaspoons of baking powder. Sift together and work in one tablespoon of butter. Then add one pint of any berries that have been carefully looked over. Break into a cup one egg, beat until light and fill the cup with water and stir into the dry ingredients, making a smooth batter. Bake on well-buttered tins and serve with powdered sugar or sugar and cream.

BLACKBERRY (Steamed)—Sift one cupful of flour into a basin, add one saltspoonful of salt, one teaspoonful of baking powder; then gradually add two well beaten eggs and one pint of milk., Stir in one pint of blackberries which have been thoroughly dredged with flour. Pour at once into a greased mold, cover with a greased paper, and steam steadily for two hours. Serve with hard sauce.

BREAD—One pint bread crumbs, one quart of sweet milk, a little more than a level tablespoonful of butter; the yolks of three eggs, the juice of one lemon, one cup of sugar; beat all together and bake 25 minutes. The whites of three eggs and a little lemon juice, one-half cup of sugar, spread the top of pudding with jelly after it is baked, then spread on the meringue and brown

BREAD AND BUTTER CUSTARD—Take three slices bread and butter. Place in baking dish, pour over a custard made as follows: one quart milk, two eggs, one-half cup sugar and nutmeg. Bake in oven until brown. Serve hot.

BROWN BETTY—Grease a pudding dish, put into this a layer of nice cooking apples sliced, then a layer of bread crumbs, with sugar, sprinkle over with small bits of butter.

For three apples use one cup of bread crumbs, one-half cup of sugar and a piece of butter the size of an egg. Put a layer of bread crumbs on top and bake. It is nice either with or without cream.

CARAMEL—Melt one tablespoon of butter in sauce pan. Add one cup brown sugar, let melt and brown a very little. Dissolve 1½ tablespoons of cornstarch in two cups of milk. Add to sugar and boil about three minutes. Flavor with vanilla. Can be served with milk or whipped cream.

CARROT—Looks and tastes very much like plum pudding: One cup grated carrots, one cup grated potatoes (white), one cup ground beef suet, one cup raisins, one cup currants, one-half cup sugar, one-quarter cup sour milk, two teaspoons soda, one teaspoon cinnamon, one-half teaspoon cloves, one-half teaspoon nutmeg, speck of salt. Mix well and stiffen with flour. Steam three hours.

Dressing: Mix thoroughly one-half cup sugar, one-half teaspoon flour; stir into one cup boiling water. When clear add one teaspoon butter and one teaspoon vanilla. Stir until the butter is melted.

CHERRY—One-half cup stoned cherries—or any fruit desired. One cup flour, one-fourth teaspoon soda, one teaspoon baking powder sifted in flour. Two-thirds cup milk—if you have a little cream, sweet or sour, add to milk; if you have not enough milk, add cold water and teaspoon butter soft. A pinch of salt. Steam 20 minutes—over vegetable kettle if you choose. Sauce for same: One-half cup sugar in which one tablespoon flour has been rubbed smooth. One tablespoon butter, melt, add sugar and flour with one-half pint of cold water. Stir until it boils. Add juice of fruit or other flavor.

CHOCOLATE—One pint of bread crumbs, pounded or ground fine, one pint sweet milk, two eggs, one square of chocolate grated fine, one-half cup sugar. Mix all together, boil 10 minutes, stir slowly so not to burn, then bake in a moderate oven 15 minutes. Serve with whipped cream slightly sweetened or any nice pudding sauce.

CHRISTMAS (Genuine English)—One pound flour, one pound beef suet, one pound currants, three-quarters pound mixed peel, one nutmeg, rinds and juice of two lemons, two ounces blended almonds, one teaspoon ground spices, one teaspoon salt, one-half pint old ale or milk, one pound bread crumbs, one pound raisins, one pound sultanas, six eggs, three-quarters pound sugar. Serve with custard or brandy sauce. Steam 12 hours. This will make four good-sized puddings.

CORN MEAL—One cup sour milk, one-fourth cup sugar, three-fourths teaspoon soda; one-fourth teaspoon salt; enough corn meal and flour (half and half) to make stiff batter, put in a buttered dish and steam one hour. Serve with cream and sugar. Raisins, currants or other dried fruit may be added.

COTTAGE—Scant cup sugar, one-half cup lard, one well-beaten egg, one-half cup milk (sweet), one-half cup water, teaspoon vanilla, pinch salt, two teaspoons baking powder, one-third teaspoon soda, flour enough to make moderate thick batter; bake in gem pans if you can. Dressing: One pint water, one cup seeded raisins, butter size of cherry. Put on stove, boil till raisins are tender, add cup milk, pinch salt, some nutmeg; stir up two tablespoons cornstarch (or flour), scant cup sugar in milk, add to raisins, stir until boils; take off, add one-half teaspoon vanilla; if too thick add some warm water. It should be kept warm and poured over the cake at dessert. A few nuts added to this dressing is an improvement.

CHEAP STEAMED—One egg, one cup molasses (dark), one cup warm water (dissolve in it one teaspoon soda), one cup chopped raisins, 2½ cups flour. Steam two hours.

CUSTARD—One quart milk, four eggs, one-half cup sugar, any flavor you like. Bake in cups set in pan of hot water; bake 30 minutes.

DATE—Three-fourths cup sour cream (if sour milk is used add one-fourth cup butter, or use buttermilk), one-half cup stoned dates, three-fourths cup molasses, two eggs, level teaspoon of soda, pinch of salt, flour to make stiff batter; steam one hour. Sauce for pudding—Three eggs beaten separately, add three tablespoons sugar to yolks and two tablespoons of sugar to whites, flavor with vanilla. This recipe will serve six people.

FIG—Chop half a pound of fresh beef suet very fine, put it into a basin, add to it half a pound of fine bread crumbs, the same quantity of dried flour, six ounces of moist sugar and one-half a small teaspoon grated nutmeg. Mix all these well together and then put in two pounds of figs cut in small pieces, moisten it with three eggs well beaten. It should

make rather a stiff dough. Add a little milk if the eggs do not make it sufficiently moist, press it into a well buttered mold and boil four hours at least. It must be well boiled. The sauce: Wash a quarter of a pound of fresh butter with a wooden spoon in two or three waters, to remove every particle of salt; beat it with the spoon always the same way till it is like cream, then take a whisk and whisk it till quite white, adding to it (very gradually) two tablespoons of powdered sugar with a little lemon extract.

FRENCH—One-third cup melted butter (or one cup chopped suet), one cup molasses, one cup sweet milk or sour, one teaspoon soda if sour milk is used (or 1½ teaspoons if sweet milk is used), one teaspoon of cinnamon, half teaspoon each cloves and salt, half cup raisins, three-quarters cup currants, one-quarter cup citron, 2½ cups pastry flour. Add molasses and milk to butter (or suet), then two cups of flour sifted with salt, soda and spice. Add fruit last, mixed with cup of flour. Steam or bake in moderate oven four hours.

FROZEN NUT—After beating three eggs very light add one-half cup sugar and turn into one pint scalded milk. Cook to consistency of boiled custard, then remove from fire and stir in four ounces grated chocolate. When chocolate is dissolved strain, chill and freeze. Have one-half cup candied cherries soaked in a very little sherry wine for two hours, and when custard is like thick mush in freezer, add fruit with one cup finely chopped nut meats and one teaspoon vanilla extract; finish freezing, pack in mold (bending the edges with buttered muslin), bury in salt and ice to ripen for at least two hours. This is one of the best relished of frozen puddings, and it is particularly seasonable. It can be put on a platter and served on the table.

FRUIT—One coffee cup chopped suet, one coffee cup molasses, one-half coffee cup sugar, one cup raisins, two coffee cups flour, one-half coffee cup sour milk, into which dissolve one-half teaspoon of soda and a pinch of salt; one tablespoon of cinnamon. Add flour last. Steam 1½ hours. Serve with liquid sauce.

GRAHAM—Two and one-half cups graham flour, one cup milk, one cup molasses, one cup currants, one cup raisins, two teaspoons soda, salt. Steam two hours.

LADY FINGER CUSTARD—Cut open the lady fingers, spread lightly with jelly, then close them again. Beat yolks of three eggs well with one cup of granulated sugar, add 1½ cups sweet milk, two teaspoons cornstarch creamed in a little cold milk. Boil this until it begins to thicken. When cold add a teaspoonful of vanilla. Place lady fingers in a pudding dish, pour custard over them and put on top the stiffly beaten whites of the three eggs, to which one-half cup of powdered sugar has been added and the juice of one lemon. Put in oven till light brown.

MARMALADE—One cup fine bread crumbs, one cup chopped suet, one-half cup sugar, one cup flour, three-fourths cup orange marmalade, one egg, one teaspoon baking powder, pinch salt. Mix dry ingredients together, add egg well beaten, with a little milk; steam in well-buttered basin for two hours. Serve with white sauce flavored with a little nutmeg.

ORANGE—Peel and cut five sweet oranges in thin slices, taking out seeds; pour over them coffee cup white sugar; let pint of milk get boiling hot by setting it in pot of boiling water; add yolks three eggs well beaten, one tablespoon cornstarch made smooth with a little cold milk; stir all the time; as soon as thickened, pour over fruit. Beat whites to a stiff froth, adding tablespoon sugar, and spread over top for frosting; set it in oven a few minutes to harden. Eat cold or hot. Berries or peaches can be substituted for oranges.

PLUM (American)—Place plums on stove in granite dish, when boiling add dumplings; one cup flour, one teaspoon baking powder, one-half teaspoon salt and enough milk to stir quite thick. Serve with sugar and cream.

PLUM (English)—Here is a recipe for English plum pudding that is probably 100 years old. One pint of suet chopped fine, one pound of raisins, one pound currants, one-fourth lemon, orange and citron peel, one tablespoon allspice, cinnamon and cloves, one-fourth teaspoonful of ginger, one cup light brown sugar, one-half cup of molasses, one cup of milk, three eggs, slice bread crumbled fine, just enough flour to hold together. Put in bag or pan and boil eight hours. Serve with sweetened sauce.

PLUM (Eggless)—An eggless plum pudding, which I have tried and found splendid: One cup grated bread crumbs (or cake crumbs), one cup grated carrots, one cup grated potatoes, one cup molasses, one cup brown sugar, one cup each currants and raisins, one cup suet or one-half cup lard, one good cup flour, pinch of salt, two tablespoons sweet

milk, one teaspoon soda, spices to suit. I used cinnamon, cloves, allspice and a little ginger. Tie in cloth dipped in hot water, then flour thoroughly. Boil two hours, or steam.

PLUM (Plain)—One cup sugar; one cup suet chopped fine; one cup raisins, one cup currants, two cups bread crumbs (more or less), one teaspoon salt, one teaspoon cinnamon, one teaspoon ginger, one teaspoon allspice, one teaspoon baking soda dissolved in one pint sour milk. Citron or orange peel or both may be added if desired. Mix all together and one quart flour—more or less, as required to make pudding dry as possible and stay in a ball. Tie in a floured cloth, allowing a little room for swelling. Drop in large kettle of boiling water. Must be kept boiling steadily for 3½ or four hours. Serve with sweet sauce or brandy sauce. Have made this for years.

POPCORN—One teacup of popcorn made fine in a mortar, two eggs well beaten, one pint of milk, one-half cup sugar, salt to taste.

PRUNE—One cup brown sugar, one-third cup butter, one-half tin of milk, yolks of two eggs; thicken a little stiffer than cake; one teaspoon baking powder, one pint seasoned seeded prunes without juice. Bake in moderate oven. Beat whites of eggs and when pudding is done spread on top and brown. Dressing: Three-fourths cup brown sugar, two tablespoons cornstarch; mix with a little cold water; pour in boiling water; one tablespoon or less of butter. Flavor with orange or vanilla. Cut pudding (which should be baked in a square pan) in squares. Put in dessert dishes and pour dressing on top of each piece.

QUEEN—One quart of milk, 1¾ cups bread crumbs, yolks four eggs beaten, sugar to taste; bake until done, taking care not to have it watery. Then whip whites of four eggs and a tablespoon of sugar, flavor with lemon; spread over pudding a layer of sweetmeats or jelly; put the whites of the eggs on and brown lightly. Serve cold with cream.

RAISIN—Four tablespoons sugar, one-half cup butter, two eggs, two cups flour, one cup raisins chopped, three teaspoons baking powder, nutmeg, one cup milk. Steam one-half hour in cups. Eat with a cream sauce.

RHUBARB—One cup sweet milk, one-half cup sweet cream, one-half teaspoon salt, one teaspoon soda, two teaspoons cream tartar, enough flour to make a stiff batter. In a buttered basin put a thin layer of dough and a generous one of sliced rhubarb, with sugar and a sprinkling of salt, then another of dough and another of rhubarb and sugar with a little salt. Cover with a layer of dough and bake. Serve with a sauce of cream and sugar or butter and sugar beaten to a cream.

RHUBARB TAPIOCA—Soak a half-cup tapioca over night and cook until clear in double boiler. Place in a pudding dish two cups of rhubarb cut in short pieces, one cup sugar and pinch of ginger. Pour the hot tapioca over this, stir in one teaspoon butter, cover and bake one hour. A meringue makes it still better. It is also good cold. Serve with cream.

RICE (Eggless)—One-half cup uncooked rice, one-half cup sugar, one quart sweet milk, one-half teaspoon vanilla; bake slowly two hours or until it becomes thick like cream. Good either warm or cold. Tapioca may be used in place of rice, with like results.

RICE (Hasty)—One cup cooked rice, one-half cup sugar, two cups sweet milk, two eggs, one-half teaspoon vanilla or other flavoring. Stir all together except whites of eggs, and steam until it forms a custard. Take from stove, spread the beaten whites together with two tablespoons of sugar over the top and set in the oven to brown slightly. Good served warm or cold.

RICE (Plain Boiled)—Boil half a cupful of rice in just enough water to cover, adding a pinch of salt. When the water has nearly boiled out, and the rice is soft, pour over it a cupful of milk and let the rice simmer until done. Take from the fire and beat into it a well-whipped egg. It should be eaten warm, with cream and sugar.

ROLLY POLY—Take a piece of light bread dough, fill with cherries or any fruit, steam one hour.

SPICE—For the housewife who feels she cannot afford the usual plum pudding the following is a good substitute: Two cups sugar, two eggs, one-half cup butter and lard mixed, even tablespoon ground cinnamon, teaspoon each of allspice and cloves, pinch of ginger, one-half grated nutmeg; beat well together, add half cup molasses, one-half cup milk, one cup strong cold coffee, three teaspoons baking powder sifted through pint of flour, one-half pound currants, one

pound seeded raisins well floured. Thoroughly blend, then form into two rolls on molding board; then tuck into salt bags, tie tightly, leave room to swell, put into kettle boiling water, boil steadily one hour, turning the mover three times. They will be light as a feather and can be eaten with any sauce desired, though they are particularly good with lemon sauce. What is not eaten for dinner can be served cut in thin slices for tea.

SPONGE—Two heaping tablespoonfuls of flour, two even tablespoonfuls of sugar, one pint of milk, one tablespoonful of butter, rub smooth and cook to a boiling point. Add yolks of six eggs and then the beaten whites of six eggs. Bake one hour in a moderate oven. Set the dish in a pan of hot water while the pudding is baking and remove only when ready to serve. Use any hot sauce with either cream or sherry wine for flavoring. This recipe serves eight people.

STRAWBERRY—Slice one cupful berries. Sprinkle lightly with white sugar. Beat one-half cup of butter and one cup of sugar to a cream, add two eggs and beat well. Sift two cups of flour with one heaping teaspoonful of baking powder, and add to the creamy mixture alternately with one cup of sweet milk. Bake in muffin tins. When done turn the puffs out on a dish and spread with berries. Eat with plenty of chilled sweet cream.

SUET—One cup suet chopped or ground, one cup molasses, one cup sweet milk, 3½ cups flour (sifted), one cup raisins (chopped), one even teaspoon soda; steam two hours. Sauce for pudding; One cup sugar, one tablespoon butter, two tablespoons vinegar, juice and grated rind of one lemon (or use lemon extract); beat well and bring to boil, then thicken with one teaspoon flour mixed to a paste with cold water; serve hot. This pudding is like fruit cake, will keep for a month (in a cool place), and can be cut off and steamed over at a moment's notice.

SWEET POTATO—Peel, wash and grate a large raw potato. With one heaping cupful mix one quart of hot milk, boil for five minutes. Pour it slowly over four well beaten eggs, add one heaping tablespoon of butter, cut in bits and turn into buttered dish. Bake in a moderate oven until firm in the center, and serve as a vegetable. For a dessert a half cupful of sugar and a few drops of vanilla may be added, and the baked pudding served with a liquid foamy sauce.

TAPIOCA CREAM—Soak over night three tablespoons tapioca in one-half teacup milk (or enough to cover). Bring one pint of milk to boiling point, add tapioca. Beat one egg, two tablespoons sugar and teaspoon of extract; let boil and turn into dishes.

TAPIOCA DATE—One pint sweet milk and one pint water, put on stove to heat. When boiling add four heaping tablespoons of minute tapioca, boil 15 minutes, stirring frequently. Then add yolks of two eggs, beaten with one-half cup sugar, add one cup or more of chopped dates, take from fire, add beaten whites of two eggs. This recipe will serve six persons.

WEBSTER—One cup molasses, one-half cup butter, one cup sweet milk, one cup chopped raisins or currants, one teaspoon cinnamon, one-half teaspoon grated nutmeg, four cups flour, two teaspoons baking powder; steam 2½ hours. Dressing: Five eggs and one cup sugar, beaten together one-half hour; the grated rind of one lemon and juice of one-half lemon; a tablespoon of sweet cream may be added lastly if desired.

PUDDING SAUCES.

The following is a good foundation for a variety of sauces:

One cup sugar and two tablespoons flour mixed together dry. Butter the size of a walnut rubbed into that. Add one egg well beaten and two tablespoons cold water. Boiling water added to make like a thin custard and cook three minutes.

For some puddings add the juice of a lemon or lemon or vanilla extract. To others one cup of fruit juice or crushed fruit, but use less boiling water when using fruit.

For hard sauce good to use with apple dumplings or fruit puddings or bread puddings the following:

One tablespoon butter well creamed. One cup powdered sugar added a little at a time with one tablespoon cold water. Mix and beat thoroughly, using nutmeg or cinnamon for flavoring.

HARD SAUCE—Use two parts pulverized sugar to one part butter. Cream the butter and add the sugar gradually until very light. Flavor with nutmeg or with lemon juice.

LEMON SAUCE—Two tablespoons butter, one-half cup sugar, one tablespoon corn starch, juice of one-half lemon, one-half teaspoon lemon flavor, one cup boiling water. Beat thoroughly the butter, sugar, cornstarch and eggs. Pour water over them and cook in a double boiler.

HOT CHOCOLATE SAUCE—One cup cream, two squares unsweetened chocolate, one cup sugar. Blend the sugar and chocolate and heat. When melted add cream, which should be scalded before adding. Flavor with one-half teaspoon vanilla and one-eighth teaspoon table salt. Serve hot over plain vanilla ice cream.

BRANDY CREAM SAUCE, FOR PLAIN PUDDING—Mix together until a perfect cream, a cupful of sugar and a cupful of butter, then add four well-beaten egg yolks; stir in very gradually one wine glass brandy. When blended add slowly a cupful of rich hot milk, or preferably cream, whip up lightly and put in a saucepan. Stir until it is the consistency of cream, but do not let boil.

CARAMEL PUDDING SAUCE—One cup soft brown sugar, tablespoon butter, one tablespoon flour, stir over fire quickly until dark brown. (If steadily stirred it will not burn.) When smooth add one cup milk (or half water and half milk), cook slowly then for two minutes, always stirring; add vanilla or other flavoring and serve on pudding, steamed cake or toast. When carefully made it is an ideal sauce.

GRAND MOTHER'S SAUCE—This pudding dip is especially fine. Two cups sweet milk, one-half cup sugar, yolks three eggs; mix thoroughly and cook in double boiler until thick. When cooked, can either be flavored with vanilla or one tablespoon brandy. The brandy gives the best flavor.

Rabbits

CREAMED—After washing the rabbit, cut in small pieces, put in crock in layers, adding one large onion cut up, salt, small handful mixed allspice (whole), a few bay leaves. Divide this between the layers and top, cover with vinegar, let stand over night. When ready to cook cut very fine one small onion, brown in a little butter and lard; add rabbit after wiping off all spices and vinegar. Add a little water, let simmer till done, add one-half pint cream, thicken with a little flour, one teaspoon vinegar and pepper.

FRICASSEED—Rabbits may be fricasseed like chicken in white or brown sauce. To make a pie, first stew till tender and make like chicken pie. To roast, stuff with a dressing made of bread crumbs, chopped salt pork, thyme, onion, and pepper and salt; sew up, rub over with a little butter or put on a few slices of salt pork, and a little water in the self-baster; cook 1½ hours. Serve with mashed potatoes and currant jelly.

FRIED—After rabbit has been cleaned and washed, put into boiling water, let boil 10 minutes, drain; when cold cut into joints, dip into beaten egg, then in bread or cracker crumbs, season with salt and pepper. Fry in butter and sweet lard mixed, over a moderate fire until brown on both sides. Take out, thicken gravy with spoonful flour, put in cup of milk or cream; let boil up and pour over the rabbit.

PIE—Make same as chicken pie, parboiling if not tender. Four hard-boiled eggs cut in slices and scattered in the pie are an improvement. Bake one hour.

ROAST—When skinned and washed, put in a roaster—if not a roaster two pans will do, one to cover the rabbit. Make holes in the legs, pull bacon through. Use a little garlic and salt. Put enough water on to cover, put in the oven, and when done they will be nice and tender.

* * *

Two rabbits: Cut off front legs and ribs; lay flat, insert small pieces of smoked bacon in hind qaurters and back; place in pan, put tablespoon butter over top; put in hot oven to roast one hour. Then take pint of sour cream, put over top, leave in oven till gravy is thick, then serve.

* * *

A delicious dish for five: Take two rabbits, put in salt water over night, wipe dry, put in roasting pan, coat with butter, salt, pepper and little flour; slice three onions to help season, baste every five minutes. Can roast potatoes nicely with them. Far better than chicken roast.

* * *

SOUR ROAST (Hassenpfeffer)—Wash, put two days in earthern dish and cover with half water, half vinegar, one sliced onion, half teaspoon whole pepper, two bay leaves, salt to taste. After two days, take all the fine skin off, lard back and hind legs with small pieces of smoked bacon. Then put rabbit in roasting pan with onion, pepper and bay leaves, with a cupful of the sour brine and some fresh water. Roast half hour, then pour half cup sour cream or milk over, and roast till brown.

STEWED—Stew until tender; brown flour and butter together and make brown gravy; put in baking pan, put in rabbit; in one corner put a lot of raisins, in another a lot of onions; put in oven, baste with gravy. Serve all together.

* * *

Wash front legs, heart and fleshy parts of head, and add piece of smoked meat. Cook in half vinegar, half water, one bay leaf, one onion, one slice of lemon, one-half teaspoon pepper, salt to taste. Thicken with butter and two tablespoons flour.

Salads

APPLE-NUT—Four apples, one-half pound English walnuts, three pieces celery; chop fine, put on lettuce leaves, put salad dressing over. Serves six people.

BANANA—Cut bananas in two, roll in salad dressing, then roll in crushed peanuts (not crushed too fine), place on lettuce leaf with spoonful of dressing beside it. Salad dressing: Three tablespoons butter; one tablespoon flour; two tablespoons sugar; one level teaspoon salt; one level teaspoon mustard; one cup milk; one-half cup vinegar; two eggs and dash of pepper.. Melt butter in double boiler, add flour, stir till smooth but do not let it brown. Then add milk and let boil. Beat eggs and add salt, pepper, sugar, mustard (moisten mustard with water first), then beat a little more; add vinegar stir well, stir it into first mixture of butter, flour, etc. Boil till like a custard. Stir all the time. Cook in double boiler. Will not get lumpy. Thin with cream before using. Will last long time if kept in a cool place. Before I had this recipe my salad dressing always curdled, probably because I never mixed ingredients in right order. This NEVER curdles. Can be used for any kind of salad.

* * *

Cut a few bananas straight down in middle, then cut those into strips, put in layers, with slices of orange, in a dish you are to serve in, sprinkle plenty of sugar over each layer. Set aside for two hours and serve with two tablespoons lemon juice poured over all.

* * *

BANANA (French)—Put in layers of chopped ice, well powdered with sugar in a salad glass and upon this a layer of bananas that have been peeled and picked to pieces with a fork, again a handful of chopped ice and sugar, then bananas, repeating until bowl is as full as required. Pour upon fruit one wine glass of white wine and a wine glass of tepid water in which you have dipped a lump of loaf sugar that has absorbed the drops of almond essence, and another lump that has absorbed three drops of geniune eau de cologne, which is constantly used in cooking in France. The right cologne you should get is composed of compressed extract of rosemary and lemon thyme. Mix salad well and dress top with whipped cream and preserved violets. You will not detect the cologne as other ingredients unite to produce a subtle but delicious flavor.

BEET—Boil beets, then skin them, cut in small pieces and put on a plate with cut-up lettuce, cover with salad dressing. Looks pretty and tastes good. If the beets are young cut up the leaves and stems and boil with a couple of potatoes cut in cubes. When tender pour off part of the water. Brown flour in ham or bacon fat and mix. It is also good with a little ham or bacon mixed with it.

BEETS (New) AND BERMUDA ONIONS SALAD—Slice onions very thin and, unless pronounced onion flavor is liked soak slices in a very little salt and vinegar. Cook beets and chop fine. When chilled, sprinkle thickly over onion slices which have been laid on white lettuce leaves . Serve with French dressing.

BOUQUET SALAD—Use leftover cooked vegetables. Cut potatoes into cubes, carrots and turnips into strips, wax and green beans into slices, cooked cucumber, lengthwise, green packed in bowl or cup, cabbage chopped, beets sliced. Let all lie in vinegar, sliced onion, mustard, pepper and salt for several hours, except the beets, which discolor others. Arrange on a dish; place a head of lettuce and parsley at one side.

BREAKFAST SALAD—Slice ice cold tomatoes and sprinkle with salt and pepper, drench with lemon juice and place in dish of cracked ice. These are delicious for a summer breakfast.

CABBAGE SALAD—One-half head cabbage cut fine, three-fourths cup vinegar, one-half cup sugar, small lump butter, one teaspoon salt, pepper, yolks of two eggs, one-half cup sweet cream. Let all come to a boil except yolks of eggs and sweet cream, which stir in slowly, then pour over cabbage.

CELERY SALAD—One bunch celery, two hard boiled eggs; chop, season with salt and pepper; mix with any good salad dressing.

CUCUMBERS AND ONIONS—After slicing the cucumbers, cover with cracked ice, omitting salt, which makes them tough. To remove the strong onion taste from some onions, sprinkle the slices with granulated sugar, after standing a few minutes rinse off and place in dish with cucumbers. Served in this way they are crisp and delicious. Each one can add vinegar, salt and pepper to suit taste.

DANDELION SALAD—Is rather too bitter for the ordinary taste, but if the young leaves be mixed with lettuce, the result is a piquant salad full of tonic qualities.

EGG LILIES (An Easter Salad)—Place one egg for each lily in cold water, boil 10 minutes, drop in cold water, shell and while still warm, cut with silver knife, in strips from small end nearly to base; very carefully lay back the petals on a lettuce leaf; remove yolks and rub them with spoonful of butter and mayonnaise dressing, form into cone shape balls and place on petals, grating a little of yolk of one egg over the ball. Serve on small plates—one lily for each person. With care this is not hard to make, and it makes an attractive dish to serve at any time.

ENGLISH SALAD—Inside stalks one bunch celery, one dill pickle, two sweet pickles, two tart apples, one orange, one banana, one cup English walnut meats, broken, one pound lettuce. Cover with a good salad dressing.

FRUIT SALAD—One-half box gelatin (in hot weather double this amount of gelatin), dissolved in sufficient cold water to completely cover. Then pour one pint boiling water on it. When cool add one cup sugar and juice of two lemons. Put fruit in dish that sits level on ice and pour gelatin solution over all. Fruits as follows: One can apricots, one can pineapple, three oranges sliced, six bananas sliced, 10 cents' worth almonds, blanched and chopped; peaches sliced to equal bananas in amount, add strawberries and raspberries. Mingle all carefully together, pour gelatin over; set on ice, and any fruit not at hand can be omitted.

FRUIT GELATIN—Soak one box gelatin in one pint cold water a few moments, add one quart boiling water, 1½ pints granulated sugar; when dissolved, flavor with juice of three lemons, strain into mold. Before it begins to stiffen add four oranges sliced in small pieces (leaving the white skin), one-half pound Malaga grapes split lengthwise, one-half pound English walnuts, kernels halved, one-half teacup pineapple, cut in small pieces. Add a few seeded raisins if liked. Serve with whipped cream. Let salad stand on ice till firm before turning out.

HAM SALAD—Mince fine cold boiled ham, one hard boiled egg, add a little thick cream (just enough to make it a paste), a pinch of mustard, one tablespoon good cider vinegar. Pack closely on platter and garnish with slices of hard boiled egg over top and parsley or celery tops around edges. This is not only palatable, but handsome.

LETTUCE SALAD—Take one pound lettuce, wash and wring out and crush with the hands. Take one bunch dwarf celery and about six green onions. Chop fine and mix with the lettuce. For the dressing beat one egg, add about teaspoonful cornstarch or flour, four or five tablespoonfuls sugar, a pinch mustard, salt and pepper to season. Mix well. Next cut fat bacon into cubes, fry until brown and crisp, pour the dressing over them and cook until thick, stirring all the time. Pour when hot over the lettuce, celery and onions.

MACARONI SALAD—Break into two-inch pieces required amount of macaroni for a meal. Cook until tender in salt water; when cold mix with the same amount of fine sliced cabbage. Then mix with salad dressing.

NUT SALAD—One cup English walnut meats chopped, two cups shredded lettuce, one cup chopped celery; mix all together, arrange on lettuce leaves, garnish with whipped cream. Easy made and good.

ORANGE (Sweet) SALAD—Take equal quantities of oranges and ripe, rich apples, peeled and sliced. Soak apples in lemon juice. Dip both fruits in powdered sugar, put in a bowl in layers, add glass of white wine, two tablespoons orange-flower water. If you omit wine, add a little lemon juice.

PEPPER SALAD—Peppers cut in rings with dull scissors and combined with lettuce and French dressing are as good a simple salad as one could wish.

POTATO SALAD (German style)—Six large potatoes boiled with skins on. When cold cut into dice shape. Have ready one large Spanish or Bermuda onion cut into small pieces. Fry four thin slices lean bacon. Mix bacon gravy with one tablespoon pure olive oil. Stir all together with salt and pepper to taste. Garnish with hard boiled egg.

POTATO SALAD (Original)—Take five tablespoonfuls of mashed potato, three tablespoonfuls grated cheese, one tablespoonful of cream salad dressing, a little onion juice, and mix well together. Shape potatoes into balls the size of a hickorynut. Roll in salad dressing, then in grated cheese. Place on a lettuce leaf and garnish with spiced cucumber pickles, chopped, and slices of hard boiled egg. After all is arranged but a spoonful of the dressing over each plate. Will serve six people, and any good cream dressing may be used.

POTATO SALAD (Plain)—Six cold boiled potatoes, good size whites of two hard-boiled eggs, one medium sized onion, chop medium fine, season with salt and pepper to taste, add a tablespoonful celery seed (or may be omitted), and mix well. Mash the yolks of the eggs to a paste, and a tablespoonful of butter (have warm, and one-third cup good vinegar. Stir well, pour over other ingredients, tossing all with a silver fork until well mixed.

POTATO SALAD WITHOUT OIL—Cold potatoes, cut in small pieces; one small onion cut very small; three cucumbers cut in small pieces; four or more boiled eggs cut small.

SALAD DRESSING—Yolks of four eggs beaten light; one-half cup of sugar; one-half teaspoon of mustard; one teaspoon of salt; one-half teaspoon of pepper; one-half cup of vinegar; one-half cup of milk or cream; lump of butter; cook until thick and pour over salad when cool. Fewer eggs can be used if they are expensive.

ST. JAMES SALAD—Press the required amount of cooked rice into a buttered border mold; set on ice to chill; when serving unmold on a bed of cress or other greens; fill center with cooked peas, beans (wax and flageolet), potatoes cut into cubes, sliced carrot, cauliflower, button onions or other vegetables; dress with mayonnaise and whipped cream.

SALMON SALAD—Drain one can of salmon thoroughly. Remove the bones, bits of skin, etc., and shred fine, adding one-half cup of celery cut in bits and half cup of chopped blanched almonds. For the dressing beat the yolks of four eggs. Add to them two tablespoons of sugar, quarter teaspoon each of salt and mustard and half cup of cream. Bring the mixture to the scalding point, stirring it well. Add 1½ cups of vinegar and a tablespoon of butter to the other ingredients and cook until thick, stirring to prevent curdling. When cool serve with salad.

SALMON SALAD (Hot)—Remove the bones and fat from one can salmon. To the meat add six large crackers rolled fine, one hard boiled egg, cut into dice, one cup cream, and one cup of grated cheese. Mix thoroughly. Salt and pepper to taste and sprinkle grated cheese over the top. Bake about 20 minutes and serve with salted wafers and pickled onions or olives.

SLAW (Cold)—Choose a small firm head of cabbage, shred fine, sprinkle a little salt or celery salt over it and let stand an hour or two, then pour small cup of vinegar over it (if vinegar is too strong dilute it); when ready to serve add a large cupful of sweet, rich cream in which you have previously dissolved one-half cup of powdered sugar. This recipe has been a favorite for more than 20 years and always pleases.

SOUP MEAT SALAD—Permit me to contribute an old family recipe of a delicious salad, made out of the much-despised soup meat. Allow soup meat to get cold and firm, then cut into neat, even little strips. Take one or two good-sized onions, cut into very thin slices. Dilute cider vinegar with a little clear soup stock. Into a bowl put thin layer of meat, then layer of onion; add salt and pepper. Use up thus, alternately, meat and onions; then pour over the diluted vinegar. Allow to stand until next day, then serve on lettuce. For a chance guest at luncheon this is quite good enough, especially if a sliced hard-boiled egg or pimentos or even ring of sweet green pepper is used to garnish.

SUPPER SALAD —Cover one-half box gelatin with one-half pint cold water, soak one-half hour. Add one pint boiling water, juice of two lemons, teaspoon salt, dash red pepper. Let cool but not congeal. In a round pan put a layer of peas, then some diced cold potatoes, then hard-boiled eggs sliced, then layer of chopped nuts; sprinkle with salt and pepper; on top put layer of peas and sardines to cover. Pour over the cold jelly and let stand till firm. Serve any dressing you like.

TOMATO SALAD—Take rather small tomatoes, peel carefully, cut in half and serve on lettuce leaves; French dressing. Very easily and quickly made.

TOMATO JELLY SALAD—Two cups tomatoes, one tablespoon granulated gelatin, one bay leaf, one peppercorn, one-half teaspoon sugar, one-half sliced onion. Soak gelatin in cold water until soft. Cook tomatoes and seasoning (except salt) 20 minutes. Strain, add salt, pour over softened gelatin, stir until dissolved. Pour into molds, which have been wet with cold water, and chill. Serve on lettuce with mayonnaise.

TOMATO NUT SALAD—Pour boiling water over some tomatoes of even size. Peel, put on ice till cold, cut off stem end of tomato and scoop out some of the meat. Chop some English walnuts—not too fine—mix with a very little mayonnaise dressing, fill cavity in tomato, pile a little of the dressing on tomato. Sprinkle each tomato with a little salt. Serve on lettuce leaf.

TOMATO (Stuffed) SALAD—Six ripe tomatoes, salt and pepper, two cucumbers, lettuce, one-half pint cream dressing. Scald the tomatoes so that the skins can be easily removed. Cut a slice from the top of each. With a small spoon remove the seeds, peel the cucumbers and cut them into halves. Season highly and mix with at least half the dressing. Fill the tomato cups with this and put another spoon of the dressing on top. Sprinkle a very little finely-chopped parsley and serve in a bed of lettuce.

WALDORF SALAD—Cut into bits enough celery to make one cupful. Soak it in ice water. Also cut into small dice four medium sized apples which have been previously peeled. Lay the apples in ice water for a while. Then drain both apples and celery, mix them, adding half a cupful of English walnuts. Cover with mayonnaise dressing and serve on crisp lettuce leaves.

SALAD DRESSINGS

Take one heaping teaspoon flour, one egg, three tablespoons sugar, one teaspoon salt, one teaspoon mustard, one tablespoon butter, one-half cup vinegar. Stir these ingredients well together and add one-half cup of milk. Put on stove in saucepan, stirring constantly until thickened and done. This is equally good for any of the vegetable salads and has been well tried.

* * *

One-half cup milk or cream, simmer until warm; one cup vinegar (if vinegar is very strong do not fill the cup full, but add water to weaken; lump butter, one-half teaspoon salt, one-half teaspoon pepper, one teaspoon mustard, two tablespoons sugar, one tablespoon cornstarch, one agg. Mix salt, pepper, mustard, sugar and cornstarch, add beaten egg, then vinegar and butter. When milk is warm stir above into it and cook until it thickens.

* * *

One tablespoon of sugar and dry mustard, one teaspoon of salt, yolks of three eggs, one cup of vinegar, one cup of sour cream or sweet cream (or even sweet milk, but use more butter with milk). Beat yolks well and add all the ingredients, cook in double boiler till it thickens, then add a little celery seed extract and a small piece of butter. If bottled, will keep a long time.

* * *

Yolks of four eggs boiled hard, one teaspoon salt, a good spoon of mustard, two tablespoons olive oil, one-half pint cream, add vinegar to taste.

* * *

Make a dressing with the yolk of two eggs, two tablespoons of vinegar, two teaspoons of mixed mustard and one half bottle of salad oil, adding the oil carefully and stirring constantly. Salt to taste.

Will tell how I make a simple yet good salad dressing. Instead of using double boiler I have a bowl which fits into the top of the teakettle and use stopper of paper in kettle spout. When water is boiling put one cupful of vinegar in bowl and heat. Mix together dry one tablespoon flour, one tablespoon sugar, one teaspoon mustard, one teaspoon salt. Mix till free from lumps, then moisten with enough vinegar to make smooth paste; stir into it the beaten yolks of two eggs, then stir slowly into the heated

vinegar. Let cook until right consistency, then remove bowl. Beat into it the beaten whites of two eggs and a teaspoonful of olive oil if liked. Can be used for potato salad or any vegetable salad.

CREAM SALAD—Dressing: Put on to heat one cup vinegar (reduced if strong), butter size of walnut. Then beat together one egg, one-half cup granulated sugar, one teaspoonful each of salt and ground mustard, one-half teaspoon of white pepper, and four teaspoons of flour. Beat until smooth, add the vinegar a little at a time, return to the stove and stir constantly until thick, then add all the cream it will bear. It will keep a long time. I have made it for church suppers and have had lots of calls for the recipe.

MAYONNAISE—Yolks four eggs, one-half cup cream or milk, one-half cup sugar, salt and pepper to taste. A little bit of mustard. A pinch of cayenne pepper. Boil. Then add three-fourths pint of good vinegar and a lump of butter size of egg. Thin with cream. This will keep a week in cool weather.

MAYONNAISE (Eggless)—Mix a teaspoon of ground mustard with a teaspoon of water. Then add slowly about three tablespoons of oil, or enough until it is very stiff. Then thin to the right consistency with vinegar or lemon juice; salt to taste. This must be stirred vigorously during the whole process.

SALAD HINTS

In mixing salads the oil should be added first and thoroughly spread before adding the other ingredients and mixing.

Salads which, like cucumber, are very moist and cooling should have an extra pinch of pepper added to counteract the chilling effect on the eater's stomach.

Endives should be scalded and then chilled to make them more digestible for elderly folk, children or invalids.

Whenever it is possible, pure lemon juice should be substituted for vinegar as being more wholesome than the latter.

FOR A SALAD DISH GARNISH—Have whites and yolks of hard-boiled eggs chopped separately and laid over top of any salad in stripes of yellow and white or in rings. Any pretty design can be made. Chopped boiled beets or pickles can also be used. The edges can be garnished with parsley.

Cucumbers are very good cut into potato salad.

Sauces

APPLE—Pare as many apples as you wish, slice thin, ...t into basin or pudding dish with enough sugar to make ...m sweet; add a little water, bake slowly until soft; they ...l turn a rich red and have a flavor far exceeding stewed ...ples.

BREAD SAUCE FOR GAME AND POULTRY—Put into a double boiler two cups milk (part cream is better), and place over the fire. Add a small-sized onion stuck with two or three cloves and a cup of finely sifted bread crumbs. Cover and simmer 20 minutes. Remove onion, add tablespoon butter, season with salt, pepper, serve hot.

CARAMEL—One cupful of light brown sugar, butter the size of an egg. Boil butter and sugar three minutes, then slowly two tablespoons of flour, then, slowly, boiling water enough to thin. Good and easily made.

CELERY SAUCE—Take 30 large tomatoes, three or four heads of celery, five onions, four red peppers, chopped fine together, 15 tablespoons sugar, a handful of salt, one cup vinegar. Boil one hour after coming to the boiling point.

* * *

Twenty large ripe tomatoes, six good sized onions, four large stalks celery (stems and all), one large red pepper. Chop all very fine, then add six tablespoons white sugar, two tablespoons salt, two large cups vinegar; boil two hours.

* * *

CHUTNEY—Chutney sauce is delicious with fish and meats and the following recipe I find very good: Put eight ounces each of chopped tart apples, sliced tomatoes, salt, brown sugar, seeded raisins, in a jar. Add four ounces of powdered ginger, two ounces of garlic, two ounces of shallots, three quarts of vinegar, one quart of lemon juice. Mix well and cover. Keep in a warm place and stir every day for a month, taking care to cover the jar after each stirring. Strain, but do not squeeze it too dry. Put away in sealed glass jars or bottles for use. The liquor will make a good flavoring for soups.

CRANBERRY—To one quart of cranberries add two medium-sized tart apples, cover with cold water, cook till apples are soft and cranberries pop open. Crush with potato masher to be sure that all are fine, then, while hot, rub through wire soup strainer; return to fire, adding one cup granulated sugar to two cups sauce. Boil up, remove from fire, serve cold in sherbet glasses.

HORSERADISH—Boil three-fourths pint of milk, then put in half of 5 cents' worth of grated horseradish, a pinch of salt, boil up, little thickening, sugar to taste, sprinkle cinnamon on top. You can take water instead of milk or meat broth. All good.

LEMON SOUFFLE SAUCE FOR FRUIT PATTIES—Bring a cupful of milk to a boil, then stir into it the beaten yolk of one egg mixed with half a cupful of powdered sugar. Cook for three minutes, stirring constantly. When perfectly cool stir in the juice and grated rind of one lemon. Just before serving whip in the whites of two eggs that have been beaten until firm.

MINT SAUCE—Take one-fourth of a bunch of finely chopped mint leaves, moisten with one-half cup of water and one-half cup of broth, add four tablespoons vinegar, one tablespoon of salt and one-half ounce of sugar, stir well and serve in sauce bowl.

SPICE SAUCE—Set on fire three-fourths pint water, one cup sugar; boil 20 minutes, remove from fire and add one teaspoonful each extract cloves and ginger.

TOMATO SAUCE—Take contents of 10-cent can condensed tomato soup, heat in saucepan, pour over a breaded veal steak or a porterhouse steak, just before serving, and you have a most appetizing and economical dish. It is also good served with fried pork chops.

SULTANA SAUCE—Pick the stems from one-fourth cup of Sultana raisins, add one cup of boiling water and let simmer one-half hour, adding water if needed; then add one-half cup of sugar, and let boil to sirup; flavor to taste.

WHITE SAUCE—To one tablespoon of melted butter add three level teaspoons of cornstarch. Add two cups milk, salt, pepper to taste and a little chopped parsley. Simmer until it thickens.

Vegetables

[As a number of well known cooking experts class macaroni, spaghetti and rice among vegetable dishes, these articles of food will be found classified under this head.]

ASPARAGUS should be boiled standing end upward in deep saucepan; nearly two inches of heads should be out of water, steam being sufficient to cook them, as they form tenderest part of plant. The hard, stalky part is rendered soft by the longer boiling which this plan permits. Cooking 30 or 40 minutes this way will render a third more of the stalk delicious while head will be properly cooked by the steam alone.

BAKED BEANS WITHOUT PORK—When put on to boil add a little soda. Boil until done. Pour in baking dish, pepper and salt to taste, add vinegar, a little sugar, a good-sized piece butter, and bake a good brown. They're nice.

BAKED BEANS—One pint of dried white beans; pick over and soak over night in plenty of water; pour off water in the morning, put on to boil in enough water to cover them, with half a teaspoonful of bicarbonate of soda added. Boil 10 minutes, pour off the water, wash three times in cold water, put on to boil with a half pound of salt pork. Boil 30 minutes, add a half teaspoonful of ground mustard and a tablespoonful of sugar; put in the baking pan or crock and bake in a slow oven an hour or longer. Bake the pork on top of the beans; don't stir them and don't let them get too dry. When brown on top reduce heat.

BAKED BEANS IN TOMATO SAUCE—Soak one pint navy beans over night; boil with slices of salt pork until beans are tender, but not broken. Strain one can tomatoes through sieve, add pepper and salt and two tablespoonfuls molasses. Put beans in deep baking dish with slices of pork on top; cover with the tomato juice and bake slowly for three hours.

BOSTON BAKED BEAN CAKES—Made of leftover beans. Heat with little water to moisten, rub through colander, season with salt, pepper and mustard. Put tablespoon of pork drippings or butter in frying pan, cook in it when hot a tablespoon of minced onion, taking care not to let it blacken. When colored slightly, lay in cakes and brown on either side. Serve on toast or with tomato sauce.

BEANS (New)—Break off ends of pods, when young and tender, put beans into boiling water a few minutes, then put to dry. These can be used before the beans come in spring by soaking in warm water over night, boiling until tender; season with butter and cream, salt and pepper to suit taste.

BEETS (Fresh)—Cook tender, slice, salt, pepper and sprinkle a little sugar and butter over them; set in the oven 15 minutes. You will never fix with vinegar after trying this; they are fine.

BEET CHOWDER—One quart chopped cooked beets, one quart chopped raw cabbage, one cup ground horseradish, two cups sugar, one tablespoon salt, one teaspoon black pepper. Cover with vinegar and cook well.

BEET GREENS—Boil the leaves and stems and season with salt, vinegar, butter and pepper.

CABBAGE (Baked)—Select firm head of white cabbage, quarter, rinse, boil 15 minutes, pour off water, put on more hot water, boil until tender, drain, let cabbage get cold, then chop fine, add salt and pepper, butter (tablespoon); beat egg well, add milk (one cup), mix all together, bake in a moderate oven until a nice brown.

CABBAGE (Creamed)—Cut fine a small head of cabbage, season with salt and pepper, cover with water and cook until tender; when cabbage is tender and water is all cooked away add the following dressing: One egg, one tablespoon flour, one tablespoon sugar and a little vinegar weakened with water; beat well together and mix with cabbage, and you will have a very nice dish.

CABBAGE ENTREE—Chop cold boiled cabbage fine, for a medium sized pudding dish add two well beaten eggs, a tablespoon of butter, three tablespoons of cream, with pepper and salt to season. Butter dish, put in cabbage, bake until brown. This may be eaten cold, but is much better if served hot; it is especially good with roast pork or pork chops.

CABBAGE, GERMAN STLYE—Put one quart of cabbage sliced thin into a stewpan, cover with cold water and let stand 20 minutes. Drain, add two tablespoons butter, one-half teaspoon salt, a little finely chopped onion, dash cayenne, few gratings nutmeg; cover and cook until tender; then add two tablespoons vinegar, one-half tablespoon sugar, and cook five minutes longer. This makes only a small amount. It would be well to double the amount if there are more than three to be served.

CABBAGE SLAW (Hot French)—One quart finely chopped cabbage, one teaspoon salt and three pints boiling water. Cook until tender and strain off all the water. Mix together one tablespoon flour and one-third cup vinegar, one teaspoon each of mustard, sugar and salt. Beat smooth and add one cup of boiling water and a tablespoon of butter. Set into a dish of hot water and stir until as thick as cream, pour over cabbage and serve hot.

CABBAGE (Ladies')—Chop cabbage fine and boil to tenderness in hot water, salted. The water is then drained off and a generous cream sauce made, poured over the cabbage in a baking dish; bread crumbs are sprinkled over all, and also little dots of butter. Then it is baked in an oven for about 15 minutes or until browned. One unacquainted with the dish cannot imagine what it is, and many when told refuse to believe that it is simply cabbage.

CABBAGE (Young Summer) is delicate and excellent cooked thus: Cut into quarters and stand in salted water for an hour, then boil it 10 minutes to take away cabbage taste. Take it out and throw it in cold water for a few minutes, then return to the saucepan with plenty of boiling water, one tablespoonful salt and two of butter. Let it cook rapidly with the lid off for 20 minutes; add a pinch of baking soda and cook 10 minutes longer; drain, have ready some buttered toast on a hot dish, lay cabbage on it and pour over a sauce made thus: Grate rind of a lemon into two cupfuls of milk and thicken it with a tablespoonful each of flour, salt and pepper and juice of a lemon; pour over the cabbage.

CABBAGE (Sweet and Sour)—One medium sized cabbage, chop fine, cook till tender. One heaping tablespoon lard (or any good drippings), one tablespoon flour, cook till brown (be careful not to burn); must be stirred constantly. When done draw aside, add one cup boiling water, one cup vinegar (less vinegar if it is very strong), with pepper, salt and one tablespoon sugar. Put one whole onion in center of cabbage and simmer all together for about three-quarters of an hour.

CARROTS—Half an hour before a nice joint of mutton is thoroughly soaked add to it carrots which have been previously cleaned; also a teaspoon each of salt and onion juice, and two sliced beets. Make delicious and appetizing dish. Carrots are as good cooked in same way with fillet of beef. Carrots have a wonderful food value.

CARROTS WITH CREAM—Boil very tender with plenty of water. When done slice in saucepan with a gill of cream. Let boil up once. Salt and pepper to taste.

CARROTS AND TURNIPS—Cook together, mash, add a little butter, salt and pepper.

MEMORANDA

CAULIFLOWER CHEESE—Boil a cauliflower and press through a sieve. Add one heaping tablespoon grated Parmesan cheese, two of tomatoes, one of butter. Season well. Cover with bread crumbs and brown in the oven.

CAULIFLOWER (Mock)—Slice cabbage thin, put in saucepan in water enough to cover; cover with close-fitting lid, let cook until done—about three-fourths of an hour; it will look clear when sufficiently done. Drain off water, season with pepper, salt and butter and just a little sugar; add one-half cup thick cream and a dash of vinegar if it is to your taste. Be sure that it does not cook dry, as that gives a rank taste.

CURLED CELERY makes an attractive garnish. Cut thick stalks of celery in two-inch pieces. With a sharp knife, beginning at the outside of the stalks, make five cuts parallel to each other extending one-third the length of the pieces. Make six cuts at right angles to the cuts already made. Cut the other end in the same fashion. Put the pieces in cold or iced water and let stand for several hours.

CELERY SALT—Take celery leaves, wash and dry them (being careful not to burn); when dry, pulverize as well as you can with your hands, then use rolling pin to make finer; then mix with salt. Use for seasoning vegetables and soups. To bleach celery—Put breakfast food boxes on while celery is growing, or tie several thicknesses of paper on loosely.

CELERY SEASONING—Thoroughly dry the white leaves of celery, rub together until very fine. Use for seasoning.

CELERY (Spanish)—Use short, tender turnip sprouts. Good for eating and garnishing.

CELERY (Stewed)—Wash stalks well, boil in well salted water till tender (about 20 minutes), drain well, place on toasted bread, pour over it a sauce of cream seasoned with a little mace; or just melted butter may be used.

CORN (Baked)—To bake corn score the kernels and press out the pulp with the back of a silver knife. To a pint of the pulp add 1½ cups of cream and salt and pepper. Cover mixture with bread crumbs and dot with lumps of butter. Bake in oven half hour.

* * *

Bake sweet corn in husks to retain flavor; take off outside husks only.

CORN DROPS—To a pint of the corn pulp add two well-beaten eggs, teaspoon of salt and a little pepper. Drop in hot butter and fry a light brown.

CORN (Escaloped)—Take one can of corn, put a layer in the bottom of the baking dish, season with salt, pepper and little chunks of butter. Then put a layer of bread crumbs, then the corn, and so on. Cover the top with bread crumbs rubbed together with salt, pepper and butter as for stuffing. Pour over the top a half cup of cream and bake three-fourths of an hour. This makes enough for six people.

CORN FRITTERS—One can corn (or three ears of fresh corn cut), one heaping tablespoon flour, one egg, enough flour to make thin batter, salt and pepper. Drop from spoon into hot lard or on a griddle like pancakes. This would be a good substitute for meat.

CORN OYSTERS—Grate raw corn from cobs. To one pint corn pulp add two well beaten eggs, one-quarter cup flour, season highly with salt and pepper. Drop by spoonfuls and fry in deep fat, or cook on hot, well-greased griddle. Should be made about size of large oysters.

CORN AND PEPPERS (French Style)—Chope ripe sweet pepper fine, stew 10 minutes in water to barely cover. Add one pint fresh green corn cut from cob, cook eight or ten minutes longer. Season liberally with butter and serve very hot.

CUCUMBERS (Stewed)—One dozen cucumbers pared and sliced; four medium-sized onions sliced. Dust on a little salt and let stand an hour and then drain well. Add one cup of brown sugar, one tablespoon of mustard, one-half tablespoon of celery powder, one-half tablespoon tumeric powder, one-fourth teaspoon white pepper. Cover all with vinegar and let it boil for 20 minutes.

CUCUMBERS AND BAKED FRUIT—Peel and cook cucumbers whole in boiling salted water—same as potatoes—until tender; drain, make white sauce of milk, butter, salt, pepper and flour to thicken; pour over cucumber, serve hot. We often have peaches or pears baked same as apples and served with sugar and cream. Peaches do not take so long to bake as apples or pears.

EGG PLANT (Fried)—Select medium-sized egg plant (as usually large ones contain very large seeds and may cause bitter taste), cut in slices about one-half inch thick, peel, then lay in salt water one or two hours (must weight them, as they float); then dry thoroughly with towel, dip in beaten egg, then in cracker crumbs and fry in hot lard till very tender and brown. Be careful not to fry too fast. Bread crumbs may be used also, but cracker crumbs are preferable.

HOMINY—A dish used very much in the south. One pint dry hominy, one pound salt pork, pepper and a little salt. Wash hominy in several waters, soak over night well cover-

ed in cold water. In the morning add salt pork cut in inch pieces and pepper and salt to taste, put over very slow fire with lid of stove over flame and cook at least four hours. This dish served with stewed tomatoes makes quite a change in the regular routine of "getting something to eat"; besides it is very cheap.

LENTILS—Soak dried lentils, or beans, over night in cold water, pour off water, cover again with hot water (two quarts water for one pint seeds), add salt when nearly done. Cook quite dry. If any liquid remains drain off and press seeds through colander.

MACARONI AND CHEESE—One pound cheese and a box of macaroni make enough for three meals for four persons. Cheese at 20 cents, macaroni at 10 cents, cream, butter, crackers, etc., about 15 cents, making 45 cents for three meals or 15 cents per meal. Boil one-third box macaroni in salted water until tender; drain, pour cold water over and drain again. While macaroni is boiling place two tablespoons butter in granite basin in which it is to be baked and add one cup of small crackers or bread crumbs; set where butter will melt, stir until crackers are well buttered, empty into another dish, place layer of cooked mararoni in bottom of basin, then layer of grated cheese (I slice cheese very thin), then macaroni, etc., adding cheese last. Then pour buttered crackers over top, also one-half cup sweet cream or milk, bake one-half hour or until brown on top.

MACARONI (Italian Style)—One pound macaroni, one pound round steak ground, one-half pound grated cheese, one quart butter beans, one quart tomatoes, one tablespoonful butter, one tablespoonful olive oil. First put beans on to cook (cut in small pieces), also put macaroni on in hot salted water, boil 20 minutes. Now put frying pan on and into it put butter and oil. Let brown. Then put in steak and when crisp add tomatoes. Let boil down until quite thick (this is a dressing). When macaroni and beans are done drain through colander. Now have a large platter, first spreading on it grated cheese, then macaroni, then beans, then dressing, until all is used; then stir up together, put cheese on top. This is fine with rye bread. (If oil is not liked add more butter.)

MINT (Fresh All Year)—Cut the growing mint, spread on newspaper to dry. When dry put in mason jars. When you want to use it take the amount required, pour boiling water on it, let it stand for a second, then pour off water, and mint is as fresh and green as when first picked.

MUSHROOMS AND EGGS—Peel and mince one pound mushrooms and one-half dozen hard-boiled eggs. Mix with one cup hickorynut meats and add the following dressing. Serve very cold. Cream dressing: Beat to a cream one tablespoon (heaping) butter, same of flour. Stir into these one beaten egg, one tablespoon sugar, a teaspoon salt and one-half teaspoon each dry mustard and white pepper. Add four tablespoons strong vinegar and two of water. Cook until thick and just before serving add one-half cup of cream. This will serve 10 persons.

OLIVES (Mock)—Two quarts green plums, 1½ tablespoons mustard seed, one-half tablespoon salt, two quarts vinegar. Place the plums in a stone crock with mustard seed; put the vinegar into a preserving kettle, bring to a boil, pour over plums boiling hot, cover closely. Next day drain off the vinegar, bring again to a boil and pour over plums while hot. When cold place in olive bottle and cork tightly. They taste just like real olives and are much cheaper.

ONIONS AND BREAD (Baked)—Boil two onions until tender, chop fine, mix with pieces of stale bread crusts that have been soaked in water or milk, add a little powdered sage, pepper and salt; grease baking tins, put in mixture, strew over top some grated bread and bits of butter. Bake half an hour and serve for breakfast or for dinner side dish.

ONIONS (Escalloped)—One pint sliced onions, one pint bread crumbs, one pint sliced potatoes; season with salt, pepper, butter, add teaspoon of flour and pint or so of milk; bake 1½ hours.

ONIONS (New Way)—Peel one quart onions, put in cold water, put on to boil; when done do not pour off water, but leave it with onions. Then take juice of half a lemon, one-fourth cup sugar, pinch salt, add all to onions and serve. Makes a cheap vegetable dish. Only the juice of the lemon should be used.

PARSNIPS (Fried)—The way to cook parsnips and have them good and sweet, fry without any water, but add some bits of meat.

PARSNIP STEW—One-half pound salt pork, sliced, boil, add two parsnips and three or four potatoes, cut in dice. Cook 15 minutes, then add dumplings, made as follows: Two cups flour, one teaspoon soda, two teaspoons cream tartar, one well beaten egg, a little salt, milk to make stiff batter. Drop from spoon into stew; stop the boiling for a minute before, cover closely, cook for 20 minutes.

PEAS (To Cook Soft and Delicious)—Never use glazed vessel, but granite or enamel; do not even add boiling water from such a dish, or stir with glazed spoon. Never let peas come out of boiling for an instant until they are done. soda when they begin to boil, helps to cook quickly. Good Soaking over night in soft water; adding pinch of baking soda, soup stock may be added and spoon of flour kneaded into piece of butter may be put in when nearly done. Do not put too much salt in. Spoonful of sugar greatly improves flavor. Scotch peas, of a dark green color, are fine.

PEAS (Dried)—Soak one cup dried peas over night if wanted for noon (in morning if for evening meal), drain first water off, put on fresh water, let stand and cook one hour. When done, put in salt, milk, pepper and butter and thicken with flour and water. I use navy beans the same way.

PEAS STEWED—Take common dried green peas, soak over night in cold water. Next morning boil in salted water (to taste), add pinch baking soda (helps to soften); boil three or four hours (until soft), then add one tablespoon utter, some milk and pepper to taste. It is delicious and more strengthening than ordinary June peas you buy in cans. Try it and see.

PEPPER HASH—To one-half head of cabbage chopped fine add one-half teaspoon mustard seed, one tablespoon sugar, one tablespoon salt, one-half teaspoon celery seed, one green and one red pepper chopped fine; add one cup of vinegar, mix well together.

PEPPERS (Stuffed)—Remove the seeds by cutting peppers down one side. Take bits of cold meat, veal is the nicest, minced fine, mix it with one beaten egg, one tablespoonful of rolled crackers, one tablespoonful of butter, pepper and salt to taste. Fill the peppers, sew or tie together, and bake in oven till peppers are tender. Serve with lemon.

* * *

Cut a piece from the stem end of the peppers and remove the seeds. Cover with boiling water and let stand 10 minutes. Drain and fill with chopped lamb or any other kind of meat. Place in a baking pan. Add a cup of hot water and bake in a moderate oven for three-fourths hour. One pint of chopped meat which has been previously cooked is enough to fill 10 peppers.

POTATO CAKES—Grate potato with coarse grater, mix each cupful with one beaten egg, make into cakes with a little flour, season, fry till well done. Eat these for supper, and you will not miss the chops for which these are a substitute.

POTATOES (Creamed)—For 1½ pints cooked potatoes cut in pieces make sauce as follows: Melt two tablespoons butter in saucepan, add three level tablespoons flour, pour in gradually one pint cold milk, stirring slowly; when thickened and smooth add salt and pepper and pour over potatoes. This makes a nice dressing for codfish, dried beef, beans, peas and other things.

POTATO CROQUETTES—One pint hot mashed potatoes, one tablespoon butter. Add salt to potatoes when boiling, add just a little milk and beat till very light, then let cool. Then add one-half egg beaten light, form in balls, dip in beaten egg, then in shredded wheat biscuit rolled fine, and drop in hot lard till brown (about two minutes). Serve while hot on chop plate with meat and a little parsley; fine.

POTATOES (Escalloped)—Take raw potatoes, slice thin, put in baking dish first a layer of potatoes, then sprinkling of salt, pepper, flour, and bits of butter, then a layer of potatoes and so on until dish is nearly full, then pour milk over them and bake until richly browned and well done through.

POTATOES (Escalloped With Corn)—Pare about six good sized potatoes and slice thin. Grease a deep earthen baking dish and put in a layer of potatoes, butter, pepper, salt and about one-third can of corn. Cover this with a layer of bread crumbs, then add a layer of potatoes and so on until the desired amount is obtained. Add one cup of sweet milk and bake from 20 to 30 minutes.

POTATOES (Massasoit)—Wash thoroughly one dozen small potatoes, boil until done, skin, sprinkle with salt and pepper, pile in shallow baking dish; take one tablespoon flour and enough milk to make thin cream sauce, add one tablespoon butter, pour over potatoes cream sauce and toss them with a fork until well coated with sauce; sprinkle over top grated cheese and bake until light brown.

POTATOES (Mock Pork Sausage)—To large bowl of fine mashed potatoes add one egg, little lump butter, one-half cup milk, salt, enough flour to mold into shape; make size of pork sausages, lay them in well greased baking tins and bake; when brown on one side, add tablespoon butter or lard, turn over and brown other side.

POTATO POTPIE—Make dough for baking powder biscuit, roll thin, cut in small squares, slice potatoes, put one layer dough, then one layer potatoes, etc. Small piece of butter here and there Cover pie with boiling water and boil 30 minutes. Leave room in kettle to raise. Salt and pepper to suit.

POTATO SCONES—One and one-half cups of mashed potatoes, two cups of flour, a little salt, two tablespoons of melted butter, two teaspoons of baking powder and one cup of milk. Put melted butter into mashed potatoes, then add milk and lastly baking powder in flour. Mix into a stiff dough, roll out and cut biscuit one-half inch thick. Bake in quick oven 20 minutes.

POTATOES (Silverthorne)—Remove thin skin from baked potatoes. Put cream or milk with some butter, salt and pepper in double boiler. When boiling add the potatoes chopped and cook three-fourths of an hour.

SWEET POTATOES WITH CARAMEL—Boil the potatoes with the skins on until tender. Drain and peel. Place them in a baking dish and sprinkle one-half cup of brown sugar, a lump of butter and a pinch of salt over them. Also add a little water. Place in the oven and baste frequently until they are baked brown. These are delicious.

SWEET POTATO CROQUETTES—Boil the sweet potatoes, peel and mash while hot. Beat into one quart one heaping tablespoonful of butter, a high seasoning of salt and pepper, and one well beaten egg. Let stand until cool enough to handle, then form in small croquettes of any desired shape. Dip each into slightly beaten egg, roll in fine dry bread crumbs, and fry brown in deep, smoking-hot fat. Drain for a moment on unglazed paper before sending to the table.

SWEET POTATOES AND NUTS—Mix two cups chopped hot sweet potatoes and one cup chopped nut meats, stir in cup of melted butter and a beaten egg. Season with one-half teaspoon salt, press into square mold, when cold cut into slices, dip in egg and bread crumbs and fry.

RICE—Wash in cold water until water looks clear, cook quickly for about 15 minutes; don't stir, shake; drain, place on back of stove in a covered saucepan to steam. The grains crack open very nicely. Eat with milk and sugar or cream.

* * *

RICE WITH BACON—Boil 1½ cups rice until tender and dry. Take four slices of fat bacon, slice into small pieces, fry until crisp, pour over rice. Add one pint of tomatoes boiling hot (can be strained if object to seeds). Add pepper and salt to taste, and dash of cayenne pepper. Let simmer five minutes before serving. Will serve six persons.

SAUERKRAUT (Baked)—Place kraut in granite basin, cover over with fresh pork sparerib; salt and pepper meat, cover kraut (not meat), over with water, bake three hours. This is delicious and you will not have any odor in the house, as when boiling kraut.

SQUASH (Fried)—Cut Hubbard squash in halves, put in oven, bake until it is soft enough to stick a fork into nicely. Take out, let it get cold; scrape it out of shell, put it into a frying pan of hot butter and let it brown. Salt and pepper to taste. Take the squash out in as large pieces as you can in strips.

SPAGHETTI CUTLETS—Boil one-fourth pound spaghetti or macaroni until tender; when cold chop coarsely, add three-fourths cup bread crumbs, a little onion fried a delicate brown in a little butter, a teaspoon parsley, one half cup strained tomato, salt, pepper and beaten egg to bind all together. Shape into cutlets, dip in beaten egg, cover with bread crumbs, fry in deep fat. If a sauce or gravy is liked the following is nice: Chop small onion and sweet green pepper fine, fry in a little butter. Stir in two level tablespoons flour; when smooth and bubbling, add one-half cup stock, water or milk; one-half cup strained tomato, salt pepper, a little sugar and lemon juice; strain and serve.

SPAGHETTI (Escalloped)—One package spaghetti, 1½ pounds round steak, can tomatoes, cup bread crumbs, two tablespoons cheese, salt, pepper, one tablespoon butter. Grind steak coarse, cook spaghetti the regular way in salt and boiling water; when done drain; put first a little butter in bottom of baking pan, then a layer of chopped beef, then spaghetti, sprinkle of cheese, salt, pepper, then tomatoes, butter and bread crumbs until pan is filled, having bread crumbs and dots of butter on top. Then fill three-fourths full with hot water and bake in quick oven 20 minutes. This is a dish that will be plenty for eight.

SPAGHETTI WITH TOMATOES—Melt one tablespoon of butter in frying pan. In this brown one onion cut fine. Slice four large tomatoes (or use one-half can tomatoes), let stew gently until done. In the meantime boil one-half package spaghetti in salted water until tender. Drain and mix with stewed tomatoes. Sprinkle grated cheese over this season with salt and paprika and serve.

SPINACH (Baked)—Prepare and cook according to rule for boiled spinach. Drain, chop fine, and mix with equal quantity of bread crumbs and beat light with white of egg—one to pint of vegetable mixture; season with salt and pepper and a little melted butter. Sprinkle top with bread crumbs and dots of butter.

SPINACH SOUFFLE—Boil a measure of spinach in enough water to cover it, with a pinch of salt and another of soda. In 10 minutes press the spinach through a strainer, then rub through a wire sieve. Add two well beaten eggs and a cup of milk, a dash of nutmeg and pepper and salt. Mix thoroughly and bake in buttered souffle dishes.

SUCCOTASH—One-half peck string beans, break in small pieces, cook until tender with one-quarter pound pickled pork or more. About 10 minutes before serving add green corn cut from about four ears. If a few shelled beans are put in it it is improved.

TOMATOES (Breakfast Dish)—An excellent relish for breakfast or lunch: Peel six large tomatoes, slice, put in pan with piece of butter size of walnut, stew till juice has almost evaporated, season with pepper and salt. Beat up three eggs, stir into tomatoes and cook for about two minutes.

TOMATOES (Baked)—I cut them crosswise in two (if too small, I cut the top off), take out the seeds and fill them with chopped beef and pork. I usually take half and half. If garlic is liked instead of onions, they will taste all the better.

TOMATOES (Creamed)—In place of meat at luncheon: Put one can tomatoes on to stew with a little onion and sugar. Beat an egg and thicken with a little flour; some milk can be added to this if more thickening is required. Take tomatoes from fire; when they are not boiling stir in thickening slowly. Serve on toast.

TOMATOES (Deviled)—Mash the yolk of one hard-boiled egg, mix with four tablespoons butter, two teaspoons powdered sugar, one teaspoon mustard, salt and cayenne pepper to taste, one beaten egg and two tablespoons vinegar. Cook in double boiler and stir constantly until thick and pour over broiled tomatoes.

TOMATO DOLMASI—Take ripe tomatoes, scoop out some of the center, leaving a good thick shell, fill with some cucumber cut up fine, boiled rice mixed with chopped raw meat well seasoned. Place in a dish, bake slowly for half an hour.

TOMATOES (Escalloped) —Cut dry bread into dice. Rub inside of baking dish with cut raw onion and then with butter. Put in layer of bread dice, then one of tomato. Season well with salt and pepper and put in bits of butter. Repeat layers and cover with bread well seasoned. Bread crumbs may be used, but will make a mushy dish.

TOMATOES (Fried Green)—Slice perfectly green tomatoes one-fourth inch thick. Let stand in salt water a short time; dip into flour, season with pepper and salt and fry in plenty of butter or other fat. Let them be well fried. Are better than eggplant.

TOMATOES (Fried Ripe)—Slice tomatoes, fry carefully and season as you would meat. Remove with pancake turner to a platter. Then make a gravy in the pan as you do after cooking meat and turn it over the tomatoes.

TOMATOES (Spiced)—Take green tomatoes, cut in fine strips until you have six pounds; add four or five good-sized peppers (green), after cutting fine. Also add 2½ pounds white sugar and one quart cider vinegar, a half ounce of cloves, a little mace. Cook all together about an hour.

TOMATOES (Stuffed)—Scoop out the inside of tomato, make a dressing of bread crumbs, a small onion, parsley, butter, salt and pepper, moisten with meat stock. Then fill the tomato shells and bake.

TOMATO SURPRISE—Peel and chill round tomatoes of even size; when firm cut in halves and scoop out centers; in each lay a fresh, uncooked egg without breaking; dust with salt and pepper and cover first with spoonful of thick white sauce, then with grated cheese, and cook until egg is set. The cheese of course, can be left out if not liked. When in a hurry to peel tomatoes and no hot water is ready, rub the back of a knife blade over the tomato; this loosens the skin and they will peel very nicely.

TURNIPS—Two quarts turnips, three medium potatoes, one tablespoon salt. Cook one hour, drain water off, mash fine, add piece butter size of egg, teaspoon sugar, tablespoon flour mixed with a little milk; then add cup of milk.

TURNIPS (Creamed)—Cut in cubes, boil in salt water till done, pour water off. Make sauce: One tablespoon butter and one of flour, rub together, add large cup of milk, and cook in double boiler until thick; salt and pepper to taste, pour over turnips.

Soups

CHICKEN SOUP—Place chicken in kettle and add six cups of cold water, a few celery leaves and two teaspoons salt. Boil slowly for 20 minutes, place in cooker for 8 hours. Allow chicken to almost cool in liquor; it may be used for salad or croquettes. Allow soup to cool and remove fat before serving.

BAKED BEAN SOUP—Two cups baked beans, four cups water, four teaspoons tomato juice, one slice onion, one stalk celery, two tablespoons flour and seasoning. Add a quart of water to cold beans, also slice of onion, stalk of celery chopped fine and a fourth of a cup of tomato juice. Mix well and boil for 5 minutes, place in cooker for 2 hours. Rub through sieve and add flour mixed with a little water, add seasoning and heat to boiling point, stirring constantly.

LENTIL SOUP—One cup lentils, one onion, one stalk celery, one small carrot, two teaspoons salt, four cups soup stock, four tablespoons flour, two tablespoons water and two tablespoons butter. Soak lentils over night, drain and add water to cover, add onion, celery and carrot which have been cut into small pieces. Boil 15 minutes and place in the cooker 8 hours. Rub through sieve and add salt, pepper, butter and soup stock, make smooth paste of flour and water and add to soup. Heat, stirring until it thickens.

CREAM LENTIL SOUP—Cream lentil soup is made like the above except that one quart of milk is added instead of soup stock, and the amount of butter may be increased.

BEAN SOUP—One cup navy beans, two quarts water, one small onion, two stalks celery, one tablespoon salt, one-fourth teaspoon pepper and two tablespoons butter. Soak beans over night, drain and add two quarts of cold water. Add chopped celery and onion, also salt and pepper. Boil slowly for 15 minutes. Place in cooker for 8 hours. Rub through sieve, add butter and serve.

MACARONI SOUP—One cup macaroni, six cups soup stock and seasoning. Break macaroni into small pieces and drop into boiling soup stock, allow to simmer 10 minutes, and place in cooker 2 hours. Season to taste.

SPLIT PEA SOUP—One cup split peas, one quart water, one-half teaspoon celery salt, two teaspoons salt, three tablespoons butter, two tablespoons flour and two cups milk. Soak peas over night, drain and add one quart of cold water. Add salt, onion and celery salt. Boil for 10 minutes and place in cooker 8 hours. Rub through sieve, add butter and flour rubbed together, stirring until it thickens. Add milk and serve.

DRIED GREEN PEA SOUP—Made by the same method as Split Pea Soup.

MUTTON AND VEAL SOUP—One pound mutton, one pound veal, two quarts water, one small onion, one small carrot, stalk celery, one tablespoon salt, one-fourth teaspoon pepper and two tablespoons rice. Remove fat from mutton and cut into inch pieces. Cut veal into inch cubes and brown in frying pan with a little butter or fat. Place meat in kettle and cover with cold water, allow to stand one hour and add vegetables cut into small pieces. Heat to boiling point, add rice and seasoning, boil 15 minutes and place in cooker all day. Strain and serve hot. The meat and vegetables may be used with potatoes for hash.

PEARL SOUP—One-fourth cup pearl tapioca, two cups cold water, one quart soup stock and seasoning. Soak tapioca in cold water one hour. Drain. Add it to boiling hot soup stock. Simmer slowly 5 minutes, place in cooker 2 hours, season and serve hot.

BROWNED SOUP STOCK—Four pounds soup meat and bone, one onion, one tablespoon salt, one-fourth teaspoon pepper, 2½ quarts water, one carrot, one-half bay leaf, one turnip and one stalk celery. Wipe meat and cut into inch cubes. Brown about one-third of meat in frying pan with a little of the suet and onion. Place bones and remaining meat in kettle, add two quarts of cold water and allow to stand one hour. Add two cups of water to meat in frying pan; allow to boil a minute and add to kettle. Add seasoning and diced carrot and turnips. Bring to boiling point and allow to simmer 10 minutes, place in cooker 8 hours, cool and skim fat from top before using.

WHITE SOUP STOCK—Four pounds knuckle of veal, one onion, small bay leaf, two teaspoons salt, one stalk celery, six pepper corns and eight cups water. Wipe meat and cut in small pieces. Have bone cracked and place meat and bone in kettle, add seasoning and onion and celery cut into small

pieces. Add water and allow to stand an hour. Boil slowly 30 minutes and place in cooker 8 hours. Pour soup through several thicknesses of cheese cloth and it will be very clear.

TOMATO SOUP—One can tomatoes, two cloves, one teaspoon salt, one small onion, two cups water, small bay leaf, sprinkle cayenne, one carrot and one quart soup stock. Add water to tomatoes. Slice carrot and slice onion; add these and the seasoning. Boil 8 minutes and place in cooker for 2 hours. Strain, add soup stock, reheat and serve.

VEGETABLE SOUP—Two cups brown soup stock, two cups tomato juice, one cup carrots, one cup turnips, one-half cup celery, one cup peas, one onion, one cup diced potatoes and seasoning. To the soup stock and tomato juice add the carrots, turnips, onion and celery which has been cut into small slices. Boil slowly for 10 minutes and then place in cooker for 4 hours. Remove from cooker and add diced potatoes, peas and seasoning. Boil for 5 minutes and return to cooker for an hour longer.

LIMA BEAN PUREE—One cup beans, two cups water, slice onion, stalk celery, one teaspoon salt, sprinkle pepper and two tablespoons butter. Soak beans over night. Drain, add fresh water and a pinch of soda. Boil 15 minutes, add onion and celery cut into small pieces and place in cooker over night. Rub through sieve, add butter, salt and pepper and serve hot.

DRIED PEA PUREE—Clean peas, cover with water and allow to soak over night. Drain and cover with fresh water. Add a small onion and bay leaf and allow to boil 10 minutes. Place in cooker for 6 hours, rub peas through sieve, add salt, pepper and butter to taste. Serve hot.

LENTIL PUREE—Soak lentils in cold water over night. Drain and cover with cold water, add a small onion and carrot, boil slowly 15 minnutes and place in cooker for 8 hours. Rub through a fine sieve and add salt, pepper and butter to taste; if the butter is browned slightly it will improve the flavor of the puree. When finished the puree should be a little thinner than mashed potatoes. If too thin thicken by adding a little flour and water, made into a thin paste. Boil for a few minutes, stirring constantly so that it will not lump.

VEGETABLE STEW—One pound chopped meat, two cups water, one cup turnips, two cups carrots, one onion, one cup tomato juice, one cup peas, one-half cup diced potatoes and seasoning. Brown the meat and onion in beef suet or butter, add water and tomato juice, add turnips, carrots and celery diced, allow to boil for 5 minutes, place in cooker for 4 hours, remove and add seasoning, peas and diced potatoes, boil for 5 minutes and place in cooker for one hour. Thicken if desired before serving.

Fish

BOILED WHITE FISH—Clean and bone fish and sew in cheese cloth bag, leaving room for fish to swell. Place fish in kettle with back down, cover with boiling salted water (acidulated); allowing one tablespoon of salt and vinegar or lemon juice to each quart of water. Boil for 5 minutes. Place in cooker for one hour. If fish weighs over two pounds boil for 10 minutes. The skin may be easily peeled from a boiled fish. Serve with tomato sauce.

COD, HADDOCK, BASS, BLUE FISH, HALIBUT, SALMON, ETC., ETC.—Can be cooked as above.

BOILED EGGS—Pour into the kettle one cup of boiling water for each egg to be cooked. Lower eggs gradually into the water. Cover kettle and allow water to boil for half a minute. Place in kettle in cooker for 30 minutes. Pour cold water over eggs before peeling.

SPAGHETTI AND TOMATO SAUCE—Add one tablespoon of salt to two quarts of boiling water, and hold one-third of a pound of spaghetti so you may place one end in the boiling water; as it softens lower it into the water. In this way spaghetti may be cooked without breaking. Boil for 5 minutes and place in cooker for 1½ hours. Drain off water in which spaghetti was cooked and pour cold water over it, to keep it from sticking together. Add tomato sauce and bring to boiling point, place in cooker one-half hour before serving.

Meats

In cooking meat, be sure to allow it to boil on the stove until the center of the meat is heated to the boiling point. This usually takes a half hour or even longer, dependent upon local conditions. You will have to use your judgment.

BEEF STEW—Two pounds round steak, one onion, one carrot, three cups water, one stick celery, one turnip, one teaspoon salt and sprinkle with pepper. Place meat in kettle and cut into inch pieces; add water and seasoning. Slice carrot, turnip and celery into one-half inch cubes and add to mixture. Boil for 10 minutes and place in cooker for 6 hours. Thicken with four tablespoons of flour and one-half cup water well mixed. Serve on toast.

BROWNED BEEF STEW—Two pounds round steeak, one onion, three cups water and seasoning. Cut meat into small pieces. Slice onion and brown in some of the suet or two tablespoons of butter, add meat and cook until well browned. Add the three cups of water and seasoning, allow to boil slowly for 10 minutes. Place kettle in cooker for 8 hours, thicken with four tablespoons of browned flour and six tablespoons of water made into a thin paste.

BEEF POT ROAST—Sprinkle roast with flour. Heat a little suet in frying pan and add a slice or two of onion. Place roast in frying pan and brown on all sides, being careful not to pierce fleshy part of roast. Place meat in kettle and add two cups of water to frying pan, simmer a few minutes and pour water over roast. Add one teaspoon of salt and enough more boiling water to almost cover roast, allow to boil 30 minutes and place in cooker for 6 to 8 hours, depending upon size of roast. The liquor may be thickened for gravy.

CORNED BEEF—If beef is very salty soak for several hours in cold water. If not, wash in cold water and place in kettle, cover with cold water and boil for 30 minutes, place in cooker all day or over night. If meat is to be served allow it to cool in the liquor.

CORNED BEEF AND CABBAGE—Cook Corn Beef as for above recipe. Three hours before the cabbage is to be served, remove outside leaves and cut into quarters. Place cabbage in kettle with meat and boil for 10 minutes. Place in cooker 2 hours and a half, drain liquor and serve meat and cabbage.

BOILED HAM—Boil for 30 to 45 minutes, depending on size of ham; an 8-pound ham should boil 45 minutes. Place in cooker and allow it to cool in the liquor. A small onion may be added to the water in which it is cooked.

FRICASSEE OF CHICKEN—Cut chicken into small pieces. Heat two tablespoons of butter in frying pan, add slice of onion; roll chicken in flour and then brown in butter. Place chicken in kettle and pour two cups of water in frying pan; boil a few minutes and pour water over chicken; add salt and boil for 10 minutes. Place kettle in cooker 6 hours if chicken is young and 8 if it is a hen. Thicken the gravy with browned flour and serve on toast. Chopped parsley may be added before serving.

CHICKEN CURRY—Same as Fricassee of Chicken except one-half teaspoon of curry powder is added to the thickening.

CHICKEN STEW—Cut chicken into pieces; place chicken in kettle and cover with water; allow to boil slowly for 30 minutes; season with pepper and salt, and place in cooker for 6 hours. Remove from cooker and add thickening. Serve on toast or the stew may again be brought to the boiling point and dumplings added and the kettle replaced in the cooker for 30 minutes.

BOILED DINNER—Cook four pounds of corned beef as directed. Remove meat from liquor and add two cups of sliced carrots; boil for 5 minutes and place in cooker 2 hours. Remove kettle and add four turnips sliced and cabbage cut into quarters. Boil 20 minutes and place in cooker for 2 hours. The meat may be placed in the kettle and the whole boiled until meat is reheated. Boiled beets may be served with this dish.

IRISH STEW—Two pounds mutton, one-half cup carrots, one onion and two cups sliced potatoes. One-half cup turnips cut into one-half inch cubes, also onion sliced thin. Remove fat and skin from meat, boil slowly for 15 minutes and place in cooker for 4 hours. Remove and bring to boiling point; add potatoes and seasoning. Boil for 5 minutes and place in cooker for one hour; add thickening and serve.

BOILED MUTTON—Brown meat in frying pan and place in kettle; cover with boiling water; add a small onion cut in pieces. Boil for 30 minutes and place in cooker for 8 hours. If meat is to be served cold, add one teaspoon of salt and allow meat to cool in liquor.

FRICASSEE OF LAMB—Cut two pounds of lean lamb into small cubes, dredge with flour and brown in a frying pan, using a little suet to keep it from burning. Place in kettle and add

just water enough to cover. Boil for 10 minutes and place in cooker for 6 hours. Thicken with one-half cup of browned flour mixed with cold water, season to taste and serve on toast.

CALVES' TONGUES—Calves' tongues usually come fresh and require no soaking. Wash in cold water; place in kettle and cover with boiling water. Add slice of onion and carrot cut into pieces. Boil 15 minutes and place in cooker over night. Remove skin and add salt and pepper to liquor in which tongues were cooked. Allow tongues to cool in this liquor.

BOILED TONGUE—If tongue is very salty, soak for one hour in cold water. Place tongue in kettle and cover with cold water; heat to boiling point and boil for 15 minutes; place in cooker all night. Skin while still warm and allow to cool in the liquor, if it is to be served cold. A slice of onion cooked with the tongue will improve the flavor a little and paprika may also be added.

VEAL POT ROAST—Melt two tablespoons of butter or suet in frying pan and brown the roast of veal by turning meat on all sides. Place roast in kettle and pour two cups of water into frying pan, boil for a minute and pour two cups of water into frying pan, boil for a minute and pour liquid over veal, add enough more boiling water to almost cover meat, add salt and pepper, boil 20 minutes to half hour. Place in cooker 6 to 8 hours. Liquor in which meat was cooked may be thickened for gravy or saved for soup.

CURRY OF VEAL—Two pounds veal, two tablespoons suet or butter, one onion, one-half teaspoon curry powder, one teaspoon salt, one-half teaspoon pepper, four tablespoons flour and two tablespoons water. Cut veal into small cubes and brown in frying pan with two tablespoons of suet or butter and an onion cut into slices. Add curry powder, salt and pepper and boiling water to cover. Boil for 10 minutes and place in cooker for 5 hours. Thicken with flour and water made into a thin paste. Serve on toast.

VEAL AND RICE—One pound veal, two cups water, two tablespoons butter, small onion and three cups boiled rice. Cut veal into small cubes and brown in frying pan with butter and onion, add two cups of boiling water and seasoning, cook for a few moments, then place mixture in kettle and boil slowly for 15 minutes, place in cooker 3 hours. Thicken with flour and water and serve over hot cooked rice.

Vegetables

Prepare same as you would prepare them for cooking in the regular manner, or in other words, just according to the directions given in any good Cook Book.

BEAN SALAD—Clean navy beans and soak in cold water over night, drain off water and add enough fresh water to cover the beans. Add a half pound of bacon for each quart of beans (measured before soaking), add salt and pepper to suit taste. Boil until beans begin to peel slightly when you blow on them. Place kettle in cooker for 8 to 10 hours. After taken from cooker, scatter sliced onions on top and pour vinegar over the whole.

WAX BEANS—Wash beans and break into inch pieces, cover with cold water and allow to boil 10 minutes, add two tablespoons of butter. Place in cooker 6 hours, season with salt and pepper or serve with cream sauce.

DRIED LIMA BEANS—Soak beans in cold water over night, drain off water in which beans were soaked. Cover beans with water, add a small piece of salt pork or a piece of butter. Allow beans to simmer for 15 minutes, place in cooker for 6 hours, season and serve. A pinch of soda added while beans are cooking will make them more tender.

LIMA BEANS—Same as above except omit soaking over night.

STRING BEANS—Wash beans and pull off strings, break them into inch pieces. Cover with boiling water and add a small piece of salt pork, boil slowly for 10 minutes, place in cooker for 6 hours, remove, season with salt, pepper and a little butter in case salt pork is not used. Add sliced onions.

ASPARAGUS—Wash asparagus and tie into small bunches. Stand these bunches up in a kettle of boiling water, allowing the tips to be above the water, boiling for 5 minutes and place in cooker for one hour. Serve asparagus with salt, pepper and melted butter or with cream sauce. Asparagus may be cut into one inch pieces instead of leaving whole.

SPINACH—Wash and pick over greens carefully, add one cup boiling water for each quart of greens. Boil slowly for 10 minutes, place kettle in cooker for 2 hours. Drain off water, add salt, pepper and butter; reheat and serve. Beet greens and dandelion greens can be cooked the same.

BOILED BEETS—Wash beets, leaving on root and about one-half inch of leaves, to keep beets from losing color. Cover beets with boiling water and allow to boil 15 minutes. Place kettle in cooker from 6 to 8 hours, depending upon the age of the beets. Remove from cooker and put beets into cold water for a minute. Skin and cut into small pieces. Season with salt, pepper and butter.

PICKLED BEETS—Cook beets as for boiled beets, peel and cut beets into slices, place in glass jar and cover with following mixture: Add four tablespoons sugar, one tablespoon salt, one-half tablespoon pepper, ten cloves, one stick cinnamon and ten pepper-corns to boiling water, two cups; and two cups vinegar and heat to almost boiling point. Pour over beets and allow to stand 24 hours before serving.

CARROTS AND PEAS—Wash and scrape carrots, cut into slices, place in kettle and cover with boiling water, allow to boil 5 minutes, add salt and place in cooker 6 hours. When done drain, add one can of peas and allow to simmer for 10 minutes, add salt, pepper and butter and serve at once. Cooked diced turnips may be added if wished.

BOILED CABBAGE—Remove outside leaves, cut into quarters and cut out tough center. Place in kettle and cover with boiling salted water, allow to boil for 10 minutes without cover. Cover and place in cooker for 2 hours. Season with butter, salt and pepper and little vinegar.

CAULIFLOWER—Cook as for cabbage but serve with cream sauce.

BOILED GREEN CORN—Remove husks and threads, place corn in kettle, cover with boiling water and boil for 3 minutes, place in cooker for 45 minutes to 1 hour, depending upon the age of corn. Drain and serve with salt and pepper.

PEAS (DRIED)—Clean peas, cover with water and allow to soak over night. Drain and cover with fresh water. Boil for 10 minutes and place in cooker for 6 hours. Season with salt, pepper and butter and serve hot.

PEAS—Same as Dried Peas except omit soaking over night.

LENTILS—Soak one cup of lentils in cold water over night. Drain and add fresh water to cover, add a slice of onion and boil for 10 minutes. Place in cooker for 8 hours. Drain and add one cup of well seasoned white sauce. The water which was drained off may be saved for soup.

CREAMED ONIONS—Remove skins from onions and if large cut in half. Cover with salted water and boil for 5 minutes; place in cooker for 3 hours if onions are young and small; leave 4 hours if onions are large or old. Serve with milk, butter, salt and pepper.

SPANISH ONIONS—Quarter the onions and cook as for Creamed Onions.

BOILED POTATOES—Pare potatoes, cut into pieces, cover with boiling salted water and boil for 5 minutes. Place in cooker for 1 hour to 1½ hours, depending on the size of pieces and amount in kettle, drain, mash, add salt, pepper, milk and butter.

PARSNIPS—Wash and scrape parsnips, cut in slices about one-fourth inch thick, cover with boiling salted water and allow to boil 5 minutes. Place in cooker 3 hours. Drain, season with salt, pepper and butter or roll in flour and brown in butter in frying pan.

CREAMED POTATOES—Wash and pare potatoes, cut into cubes, place in kettle and cover with boiling salted water. Boil 3 minutes and place in cooker 45 minutes. Drain and cover with white sauce. Large amounts of potatoes may be cooked in the cooker in this way without breaking.

POTATOES FOR SALAD—Select potatoes of uniform size, wash and remove black places. Place potatoes in kettle and cover with boiling water, add one tablespoon of salt for each quart of water. Boil 5 minutes if potatoes are small, 10 if large. Place in cooker 2 hours. Drain and allow to cool uncovered. Put two large slices of bacon into a pan and fry until crisp. Then cut into small pieces, add one cup of vinegar and half a cup of sliced onions. Pour over potatoes and mix.

BOILED SWEET POTATOES—Cover with boiling water salted and allow to boil 5 minutes if potatoes are small, and 10 if potatoes are large. Place in cooker for one hour, drain and allow to dry.

BRUSSELS SPROUTS—Soak in cold water one-half hour. Remove wilted leaves and cover with boiling salted water, allow to boil 5 minutes and place in cooker 2 hours. Drain and serve with white sauce.

BOILED TOMATOES—Wash tomatoes and pour boiling water over them, allowing them to remain in it about one-half minute or less if they are very ripe. Cover with cold water and peel. Cut into pieces and add salt, pepper to taste, butter and a small amount of sugar and half cup bread crumbs may be added. Boil for 5 minutes, place in cooker and allow to remain one hour.

SQUASH—Cut squash into pieces, remove seeds and pare. Cut into small pieces and add water to almost cover. Boil 10 minutes and place in cooker 4 hours, drain, mash and season with butter, salt and pepper. If the butter is browned slightly it will improve the flavor.

TURNIPS (WHITE)—Wash and pare turnips, cut into slices and cover with boiling water. Cook for 10 minutes and place in cooker for 6 hours. Drain and mash, season with salt, pepper and butter and serve hot. Turnips may be cut into dice instead of slices and served with white sauce.

TURNIPS (YELLOW)—Prepare yellow turnips or rutabages, as they are sometimes called, in the same manner as white turnips, but leave in the cooker from 1 to 2 hours longer, as they require more cooking.

PUMPKIN FOR PIES—Cut pumpkin into pieces, pare and remove seeds. Place pumpkin in kettle and add just enough water to cook without burning. Boil until pumpkin is heated through. Place in cooker over night. Drain and rub through sieve.

TOMATO SAUCE—Two tablespoons butter, two tablespoons flour, one teaspoon salt, sprinkle cayenne pepper and 1½ cups tomato juice. Melt butter until it bubbles, add flour and seasoning and stir until smooth, add tomato juice, stirring until it thickens.

DRIED FRUITS—For cooking any kind of dried fruit such as apples, pears, peaches, figs, prunes, apricots, nectarines, etc., use the following recipe: Wash in cold water, soak over night in fresh water and cook in water in which they were soaked. Boil slowly for 10 minutes, adding sugar, lemon to taste. Place in cooker 5 hours.

Fruits

A NICE WAY TO PREPARE APPLES—Make a nice syrup of sugar and water with some small pieces of ginger root or orange peel added. When this syrup has boiled three minutes, drop into it some quartered apples and put into cooker for 3 hours. Cream when eating improves them.

APPLE SAUCE—Pare and core six medium sized tart apples, cut into slices and cover with boiling water. Boil 5 minutes and place in Cooker for one hour. Remove and rub apples through sieve, add cup of sugar for each cup of apples and a little nutmeg or lemon juice. Serve cold.

QUINCES AND APPLES—Pare and core quinces, cut into quarters, add water to cover and allow to boil slowly for 10 minutes. Place in cooker for 4 hours. Remove from cooker and add equal amounts of apples, which have been pared, cored and quartered, add more water if necessary and boil for five minutes. Place in cooker for 2 hours, add sugar to taste and boil until sugar forms a syrup. Serve cold. Sweet apples are usually best and lemon rind may be added with apples.

CRANBERRY SAUCE—Wash berries and almost cover with boiling water, boil 5 minutes and add a half cup of sugar for each cup of berries. Boil until sugar forms a syrup. Place in cooker for 2 hours.

PINEAPPLE—Remove the eyes and peel, cut into slices and remove core. Place in kettle and cover with boiling water, allow to boil for 10 minutes and place in cooker for 6 hours. Remove from cooker and drain off water in which fruit was cooked. Add a cup of sugar to each cup of juice, boil until sugar dissolves, pour over pineapple and cook slowly for 10 minutes. Pineapple may be canned or cooked and served as sauce.

Desserts

IRISH MOSS—Soak a scant cup of Irish moss in soda water until it swells, then squeeze until free from water. Put into a bucket containing three quarts of milk. Set this bucket containing the above into the fireless cooker kettle containing about three quarts of boiling water and let it remain in the cooker 4 hours. Strain and sweeten and flavor. Serve cold.

SUET PUDDING—One-half cup finely chopped suet, one cup milk, one cup molasses, three cups flour, two teaspoons salt, one teaspoon soda, one-half teaspoon cloves, one-half teaspoon allspice, one teaspoon cinnamon and one-half cup raisins. Mix and sift flour, salt, soda and spices. Add milk and molasses to suet; combine the two mixtures. Add raisins which have been stoned and chopped and mixed with two tablespoons of flour; mix well. Place in butter moulds and put into kettle, allowing boiling water to almost come to the top of cans. Place cover on kettle and boil 15 minutes. Place in cooker 4 hours.

FIG PUDDING—One cup sugar, one-half cup butter, one-half cup water, 2 1-3 cups flour, four level teaspoons baking powder, whites of four eggs and one-half cup figs chopped fine. Cream butter, add sugar gradually, sift baking powder with flour, and add milk and flour alternately; add figs and fold in whites of eggs. Pour mixture into buttered moulds; place mould in kettle and add boiling water until it almost comes to top of moulds. Boil 15 minutes and place in cooker 2 hours. Serve with hard sauce.

TAPIOCA CUSTARD PUDDING—One cup pearl or minute tapioca, one cup water, three cups milk, three eggs, three-fourths cup sugar, one teaspoon salt and one tablespoon butter. Soak pearl tapioca in cold water one hour. Drain and add water. Heat to boiling point, add milk, sugar and salt, cook slowly for 5 minutes, be careful not to let it burn. Place in cooker for 2 hours. Add the well-beaten eggs and butter. Pour the mixture into a well-buttered pan and bake until brown. The minute tapioca needs no soaking.

CHERRY PUDDING—Use same recipe as for Fig Pudding, adding one cup of fresh cherries. Blueberries, raspberries or other fruits may be used. If fruits are very juicy add about two tablespoons more of flour. Cooked cherries may be used, if drained and the juice saved for sauce.

TAPIOCA AND APPLES—One-half cup pearl tapioca, four cups boiling water, one teaspoon salt, three-fourths cup sugar and six sour apples. Soak tapioca in cold water 2 hours. Drain and add four cups of boiling water. Boil 5 minutes, add sugar and salt when sugar is dissolved, place in cooker for 2 hours. Pare and core apples, cut into pieces or leave whole, place apples in buttered dish and cover with cooked tapioca, bake until apples are soft. Serve with cream and sugar.

PEACH TAPIOCA—Make same as Apple Tapioca, using instead fresh or canned peaches, or the dried cooked peaches, which are delicious. The dried cooked apples may also be used for Apple Tapioca.

For the Sick Room

ARROWROOT GRUEL—Two tablespoons arrowroot, one quart boiling water, one teaspoon salt and one teaspoon sugar. Mix arrowroot with just enough cold water to form a thin paste, add part of boiling water, mix well and add remaining hot water. Boil for 5 minutes and place in cooker one hour. Cool, add a few drops of vanilla and a little cream if desired, or gruel, may be served hot. Remember, it takes longer to cook cereals in a fireless cooker than in the customary manner, hence do not use as much cereal but more water.

OAT MEAL—One cup oatmeal, three cups water and one teaspoon salt. Stir well into boiling salted water, boil 8 minutes, place in cooker over night.

BOILED RICE—One cup rice, two teaspoons salt and five cups water. Wash rice, then stir it into boiling salted water and allow to boil 8 minutes. Place kettle in cooker and allow to remain 3 hours. It may be left over night without overcooking.

RALSTON'S BREAKFAST FOOD—Six cups water, two teaspoons salt and one cup cereal. Allow water to boil, add salt and slowly stir in breakfast food, being careful not to allow it to lump. Boil slowly for 8 minutes and place in cooker all night.

BARLEY MUSH—One cup barley meal, five cups water and two teaspoons salt. Stir meal slowly into boiling salted water, being careful not to let it lump. Cook for 10 minutes and place in cooker for 8 hours or more.

CORN MEAL MUSH—One cup corn meal, one teaspoon salt and four to five and a half cups of water. Slowly stir the meal into boiling salted water, being careful not to lump. Allow to boil slowly for 10 minutes, place in cooker and allow to remain 8 to 10 hours or all night. If you wish to fry mush use only four cups of water. If the mush is to be a breakfast food as much as 5½ cups may be used.

RICE AND FIGS—Cook rice as for Boiled Rice, adding just before placing into cooker a cup of figs which have been cut into small pieces.

PETTIJOHN'S BREAKFAST FOOD—One cup cereal, three cups water and 1½ teaspoons salt. Stir cereal into salted boiling water, allow to boil for 8 minutes and place in cooker over night.

CRACKED WHEAT—One cup of cracked wheat, one teaspoon salt and four cups water. Soak cracked wheat in two cups of water for two hours. Heat remaining water to boiling point, add salt and cracked wheat and water in which it has been soaking. Allow to boil for 10 minutes, place in cooker over night. The flavor will be greatly improved if the wheat is slightly browned in the oven before soaking.

VITOS—One cup cereal, 6½ cups water and two teaspoons salt. Salt water and when it boils rapidly add the meal slowly, stirring constantly to prevent lumping. Boil slowly 5 minutes and place in cooker all night.

FARINA—Use same amounts as for Vitos.

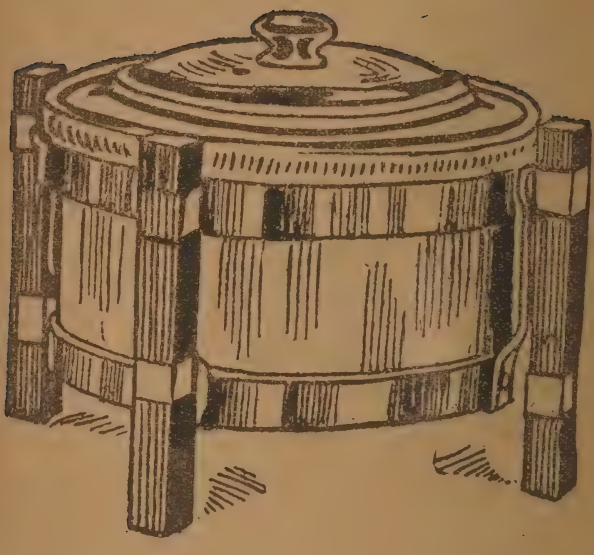
CREAM OF WHEAT—One cup cereal, 6½ cups water and two teaspoons salt. Method the same as for Vitos.

OATMEAL GRUEL—One cup oatmeal, six cups water, two teaspoons salt and three cups milk. Soak oatmeal over night in six cups of salted water. Boil slowly for 5 minutes and place in cooker six hours. Strain through cheese cloth bag and dilute with milk. Serve hot.

BARLEY WATER—Clean a fourth of a cup of barley and add a quart of water and soak over night. Boil gently for 5 minutes in same water in which it was soaked. Place in cooker 4 hours. Strain, season with salt, sugar and lemon juice. It may be served either hot or cold.

BEEF TEA—One pound round steak, two cups water and one-half teaspoon salt. Remove the skin and fat, put meat through meat chopper and cover with cold water. Add salt and heat slowly to just below the boiling point. Place in cooker for one hour, strain and serve hot.

Recipes For Casserole Dish



Manufactured by

The National Clock & Mfg. Co.

CHICAGO

Cooking School Measurements

The up-to-date cooking school measurements and methods have been observed in arranging the National Recipes. The standard measurements of teaspoon, tablespoon and cup are level. The measuring cup now to be found in almost every town and village, because so universally adopted, has the marked divisions indicating quarters and thirds. It is made of glass and tin and holds exactly one-half pint.

In many of the National recipes rounding measurements are mentioned of tea or tablespoon to save time of the busy housekeeper. One rounding spoonful is equivalent to two level. If one prefers to make all measurements level it is only necessary, therefore, that the two level be allowed for the one rounding.

The modern housekeeper has begun to learn that there are other ways of cooking food than by boiling, broiling, or roasting, all of which processes call for high heat. She has come to know that long, slow cooking, at a gentle heat, best conserves the nutritive elements of food and the flavors that render it most agreeable to us. It is this method of cooking that the earthen casserole, with its close-fitting cover, has made possible for us. Then, too, the casserole is the serving as well as the cooking dish; and besides, as from its nature it retains heat for a long time, the food presented in it may be kept in good condition for the late comer or tardy diner. The casserole may be, also, the main dependence of the woman who does her own work and likes to serve her meals daintily in courses. The viands cooked in the casserole, whether of "fish, flesh, fowl, or good red herring," nicely seasoned and ready to serve, will not deteriorate, if they be left in the oven while the appetizer and soup are being eaten; they may then be brought to the table without further manipulation or a minute's delay.

In cooking chicken, veal, and the like en casserole, after the vegetables, mushrooms, and wine have been added, press a strip of dough over the meeting line of cover and dish; this will swell in the heat and hermetically seal the casserole. When the dish is taken from the oven for serving scrape from it the dough, but do not open the casserole until it has been set upon the table, the pottery cover is removed with a napkin by the waitress after placing the casserole upon the table.

The Casserole

There is something irresistibly tempting, indescribable in charm, and fascinating in the service of dishes **En Casserole.** There is such an atmosphere of good fellowship and wholesome hospitality around about them that every genuine home-maker and lover of good living will readily adopt the Casserole and become an enthusiastic on Casserole Cookery.

Casserole Cookery is neither the mysterious nor the difficult art that the uninitiated might imagine. It can be easily cultivated, and will repay the Mistress of the Art a "hundred-fold in saving of time, money and labor. The least expensive cuts of meat fare as happily in the Casserole as those of extravagant prices. An ancient bird, indeed; and tough and poor the meat that will not yield to the gentle persuasiveness of a simmering process and surrender their flavors to the subtle influence of cookery in a Casserole.

The recipes are all so explicit that it would not seem necessary to give any further suggestions as to how the Casserole should be used. In dishes where the success of the cooking depends upon that long, slow simmering process which breaks up fibre and connective tissue it is an excellent plan to cut out a piece of heavy paper, a little larger than the cover so that edges may extend half an inch or more, grease the paper, lay over top of dish, place on the cover and this will assist in making a "steam-proof" lining to the cover and prevent the escape of flavors. The perfect control of heat is also essential in Casserole cookery. When cooking is being done on top of range, with wood, coal or gas as the fuel, the asbestos mat placed underneath will modify the heat. The asbestos mat may also be used in the oven. If the heat must be intense for other foods in progress of cooking, at the same time that you would have a delicate morsel in the Casserole in the oven, control the heat by placing the Casserole in a pan of water which can be lowered in temperature by occasional supplies of cold water added to the hot water.

To serve Casserole dishes, if necessary, clean quickly when removed from the oven with clean cloth dipped in hot water, place on a plate with napkin or paper doily underneath. Keep covered between serving so that food may remain hot throughout the meal.

ROUND STEAK EN CASSEROLE.

Use two pounds of round steak cut from one inch to one inch and a half thick. The steak may be left whole or cut into pieces each two inches square. Heat an iron frying pan, rub over the surface with a bit of fat from the meat, put in the steak, and cook, first on one side and then on the other, to harden the meat on the outside and thus keep in the juices; put the meat into the casserole; put in also a dozen and a half pieces, each, of carrot and turnip. The vegetables may be cut in similar-shaped slices, cubes, or triangles, or they may be cut into balls with a French cutter; add also about a dozen very small onions, nicely peeled, a tablespoonful of kitchen bouquet, and a generous pint of brown stock or boiling water. Cover, and let cook very gently in the oven about an hour and a half. After cooking an hour, add salt and more broth if needed. Serve from the casserole. The vegetables may be browned in one-fourth a cup of dripping before being put into the casserole. For this style of cooking, round steak gives a richer dish than does sirloin steak and should be selected, when the cooking is to be done in the casserole.

BEEFSTEAK A LA NATIONAL.

Have best part of tenderloin or porterhouse steak cut two inches thick, and trim into good shape free from fat and bone. Broil over coals or under flame of gas range. Will take twenty or thirty minutes. Prepare Brown Sauce. Melt three rounding tablespoons butter. Add one slice carrot, one slice onion, bit bay leaf, sprig parsley, and cook until slightly brown. Add three rounding tablespoons of flour, and, when well browned, add gradually one pint brown stock, cook thoroughly, strain, and season with salt and pepper. Add one-half teaspoon Kitchen Bouquet, and if desired, one cup chopped mushrooms. Put sauce in casserole and keep very hot. Carve the steak without fully separating the slices, dispose in Casserole and send to table to be served from the Casserole. Will serve six or eight persons.

BANANAS WITH SAUCE EN CASSEROLE.

Peel five or six bananas; scrape off the course threads, and cut the bananas in halves, lengthwise, and the pieces in halves, crosswise. Put these into a casserole. Melt a small glass of currant jelly in a cup of boiling water and pour over the bananas; then squeeze over them the juice of half a lemon; cover the dish, and let cook in a moderate oven about half an hour. Serve from the casserole as a sweet entrée with roast beef or mutton, or with beefsteak.

BRAISED ROUND OF BEEF.

Brown quickly on all sides two pounds of round of beef in three tablespoons of hot bacon fat in frying pan. Transfer to Casserole and cover with hot water. Add one slice of onion, half carrot, one stalk celery cut fine, half bay leaf, three whole cloves, and simmer closely covered on top of range or in oven for three or four hours until tender. One hour before meat is done, add one rounding teaspoon salt, one-fourth teaspoon pepper and one cup strained cooked tomatoes. Lift meat from stock. Strain stock. Carve meat and return to Casserole. Brown one rounding tablespoon butter in pan in which meat was browned. Add two tablespoons of flour and brown slightly. Then add one and three-fourths cups strained stock and cook smoothly. Add one teaspoon lemon juice, and one-half teaspoon Kitchen Bouquet. Pour sauce over meat and serve from Casserole. Will serve six or eight persons.

VEAL COLLOPS EN CASSEROLE.

Have veal from the leg cut in slices about three-fourths an inch in thickness; cut these in pieces for serving and into each draw one or two fine bits of salt pork or lardoons. In frying pan have four or five tablespoonfuls of hot pork fat or butter, and in this cook about two pounds of the veal until nicely browned; remove the browned veal to the Casserole and add an onion into which four cloves have been pressed, two sprigs of parsley, and stock or boiling water nearly to cover the veal; sauté a green pepper, chopped fine, in a tablespoonful of butter, and add this with two or three peeled tomatoes cut in pieces, also salt to season; cover the dish, and let cook in a moderate oven about an hour and a half. Mushrooms, with caps whole or broken in pieces may be used in this dish, and when desired the liquid may be thickened with flour mixed with cold water to a thin paste. Remove the onion and parsley before serving.

CHICKEN EN CASSEROLE.

Disjoint young chicken as for serving. Dust very lightly with flour, salt and pepper or paprika. To three table-

spoons of butter or fat from salt pork add one slice each onion and carrot, half stalk celery, half bay leaf and let cook few minutes. Saute chicken in hot fat. Remove to Casserole, and add one and three-fourths cups hot water. Cover closely and let simmer about one hour. One-fourth cup sherry wine may be added, if liked, also, one cup cut, canned mushrooms. Bacon cut in very small dice may furnish part of fat in which chickbn is sauted and left in Casserole to serve, but carrot, celery and onion should be removed when ready to thicken the liquor. Blend one level tablespoon flour with one of butter. Moisten with hot liquor and add to Casserole. Cook ten minutes. Send to table to be served from Casserole.

CHICKEN EN CASSEROLE, FRENCH STYLE.

Separate the chicken into pieces at the joints and wipe each with a wet cloth; sauté in butter melted in a frying pan, first on one side and then on the other, until delicately browned, then transfer the pieces to the Casserole; add about a pint of hot white broth (made from veal or chicken) or boiling water, put on the cover and let cook in a moderately heated oven about one hour and a quarter. Melt two or three tablespoonfuls of butter in the frying pan and in it sauté six or eight peeled mushroom caps, a dozen slices or balls (cut with French cutter) of carrot, two dozen potato balls, and six peeled onions, the size of the potato balls. As soon as these are browned, remove them to the Casserole, add more broth if needed, four tablespoonfuls of sherry wine, and salt to season; set the cover in place, seal the dish with paste and return to the oven for another half hour or until the vegetables are tender, when the chicken should be cooked.

CURRY OF MUTTON WITH RICE.

Cold roast or boiled leg of mutton, sliced or diced, or fresh, lean mutton from fore-quarter cut in one-inch squares, cooked in water and seasoned with parsley, onion, and thyme, may be used for this dish. Have well cooked rice put into buttered Custard Cups. Stand in pan of hot water, cover tops, and let simmer until ready to serve. For three cups of meat make sauce. Melt two tablespoons butter in saucepan, add one small onion sliced, one-half teaspoon, each, salt and sugar, (or for sugar substitute one-fourth large apple sliced, or one tablespoon currant jelly), one-eighth teaspoon pepper, and brown together. When browned, add one-half teaspoon curry powder mixed with two slightly rounding tablespoons flour. When blended, add one pint stock in which mutton was cooked, or water, and cook smoothly. Strain the sauce into Casserole over the meat and let slowly simmer about ten minutes. Turn rice from Custard Cups on to hot platter and garnish with parsley. Or, each mould of rice may be turned upon small plate ready to serve. Send mutton to table in Casserole.

NECK OF LAMB EN CASSEROLE.

Put about two pounds and a half of lamb from the breast, cut in pieces for serving, into a casserole. Season with salt and pepper, dredge with flour, and sprinkle a few bits of butter on top. Put around the meat a peeled and sliced onion, a pepper pod cut in strips, and a cup of sliced tomatoes (fresh or canned); add water to half cover the meat, cover and let cook two hours; add half a cup of blanched rice and more water if needed and let cook another hour. Serve from the casserole.

SQUABS EN CASSEROLE.

Clean and truss four or five squabs. Put into frying-pan two tablespoons each of butter, fat from bacon, and finely cut, lean raw ham. When hot, brown squabs quickly and remove to the Casserole. To fat in pan add two tablespoons flour, and, when blended, add one-fourth tablespoon salt, few grains pepper, one pint of stock or water, sprig parsley, slice of onion, half stalk celery. Let cook few minutes, then turn over squabs. Cover closely and put in oven and let cook from two to four hours, slowly, according to tenderness of squabs. When nearly done, remove parsley and celery, add half dozen pimolas, cut in thin slices and simmer on top of range few minutes. Serve from Casserole at table.

PIGEONS EN CASSEROLE A LA CAULIFLOWER.

Select young pigeons; clean and wash carefully and draw into the breasts some lardoons or strips of salt pork or bacon, or tie a slice of bacon around each pigeon. Put two or three tablespoonfuls of butter in a casserole; add a Spanish onion, cut in slices and on these set the pigeons; cover and let cook fifteen minutes on the back of the range; add three cups of beef or veal broth and let cook in the oven

until the pigeons are tender. It will take from one to four hours according to the age of birds. Add hot broth as is needed to keep the pigeons half covered. When the pigeons are nearly tender, cook a small cauliflower, separate it into flowerets and add to the pigeons in the casserole with pepper and salt; two tablespoonfuls of flour mixed smooth with water may be stirred into the liquid before the cauliflower is added.

PIGEONS STEWED WITH OLIVES.

Cut two pigeons each in half down the back and divide by splitting through the breast to serve half of bird to each person. Dredge with flour and brown in hot bacon fat. Place in Casserole, add one and one-half cups of hot water or stock, one-fourth cup white wine, if desired, one-half teaspoon salt, one-eighth teaspoon pepper. Cover closely, let simmer slowly about three-quarters hour. Then add more water, if required, one dozen olives, stoned and parboiled for ten minutes in boiling water,, one level teaspoon flour dissolved in two tablespoons water, and let simmer until tender. Olives may be omitted in cooking and served as garnish instead, if preferred.

POTTED PIGEONS.

Prepare dressing to stuff pigeons. Mix together in bowl three-fourths cup hot riced potatoes, one-fourth teaspoon salt, one-eighth teaspoon pepper, one-eighth teaspoon finely crushed marjoram, few drops onion juice, one-half cup stale, soft bread crumbs, two tablespoons melted butter. When combined, add lightly with fork, the stiffly beaten whites of one egg.

Clean, stuff with dressing and truss six pigeons. Dispose close together, breasts down in large Casserole and cover with one quart boiling water in which three or four stalks of celery have been cooked. Cover closely and cook slowly for three or four hours, until tender. When half done add one teaspoon salt, and pepper to taste. Remove from water, when done, let cool slightly, sprinkle with salt and pepper, roll in flour and brown all over in hot fat from salt pork. Make a sauce in Casserole. Blend together two rounding tablespoons, each of butter and flour, soften with stock in which pigeons have cooked, add to one pint stock, and let boil few minutes. Return pigeons to Casserole breast up. Serve on toast or with well-cooked rice.

MUSHROOMS STEWED IN CREAM.

Clean one pound fresh mushrooms. Break into pieces, if large. Saute in hot butter. Put into Casserole. Cover with rich milk or cream, and let simmer gently for twenty minutes. To thicken cream, blend smoothly one level teaspoon flour with three or four tablespoons milk for each cup of milk used for stewing. Add thickening to mushrooms when about half done. Season to taste with salt and pepper. Will serve four persons.

"HUNGARIAN GOULASCH"

Slice a peeled onion and cook it until brown in three tablespoonfuls of fat fried out of salt pork; take out the onion and turn in a pound and a half of lean, uncooked veal cut in inch cubes; stir, and cook the meat until slightly browned, then, rejecting the fat, if there be any in the pan, dispose the meat in a casserole; add about a pint of broth or boiling water and a teaspoonful of paprika, cover the dish and set to cook in the oven. In the meantime add more fat to the frying pan, and when hot, brown in it about a dozen balls cut from pared potatoes, and a dozen small onions; when the onions are well browned, add them to the casserole, and after the meat has been cooking an hour, add a teaspoonful of salt and the potatoes, and, if desired, two tablespoonfuls of flour mixed with a thin paste with cold water. Let cook in all about two hours. Serve from the casserole.

HOMINY A LA CREME.

Pick over and wash in several waters three cups coarse hominy. Soak over night. Cook in earthen ware gallon crock, tightly covered, for four or five hours. Keep simmering slowly, and, with a fork, occasionally turn the upper crust that may form to bottom of crock. Add one tablespoonful salt before quite done. Set aside when done for second cooking. When to have served, fill the Casserole about three-fourths full, season with salt to taste, and, if for breakfast, cover with milk and bake in oven from thirty to sixty minutes. If to serve for dinner, taking place of potatoes or other starchy vegetables, add pepper and butter to taste, but in any event allow ample time for the simmering in milk or cream until hominy has been well cooked and looks creamy.

MINCED BEEF WITH POTATOES.

Put one pint raw potatoes into Casserole and dust over with one rounding tablespoon flour. Toss about, and add one rounding tablespoon salt, one-eighth teaspoon pepper, one rounding tablespoon butter and one cup hot water. Cover and let cook about five minutes. Then add one and one-half cups minced cold well-cooked beef and let simmer slowly about twenty minutes. One-fourth or one-half cup finely chopped sweet green peppers would make an acceptable addition. Serve from Casserole for breakfast or luncheon.

CHESTNUTS SIMMERED IN CREAM SAUCE.

Boil large chestnuts for ten or fifteen minutes. Take from water, cover and keep warm while removing shells. Prepare cream sauce. Melt two rounding tablespoons butter, add one level tablespoon flour, one teaspoon salt, one-fourth teaspoon paprika. When blended, add gradually one pint milk and let cook smoothly. Put one quart shelled chestnuts in Casserole, add cream sauce, mix well together and let simmer slowly on top of range or in oven, keeping closely covered, until chestnuts are tender. Delicious with chicken or turkey. Will serve eight persons.

FISH ROE EN CASSEROLE.

Cook one pound shad or white fish roe in boiling, salted water to cover, with one half tablespoon vinegar. Drain, cover with cold water and let stand for few minutes. Remove from water and dispose in buttered Casserole. Make one and one-half cups Tomato or highly seasoned White Sauce. For White Sauce melt one rounding tablespoon butter, add two slightly rounding tablespoons flour, one-fourth tablespoon salt and few grains pepper. When blended add one and one-half cups milk, and cook smoothly. Then add few grains of mace, only a suspicion, as also of onion juice, a few drops and one-eighth teaspoon of celery salt. Put sauce over hot water and keep covered closely. Cover the roe with three or four tablespoons of sauce. Put in oven with cover on Casserole and cook for twenty minutes. Then remove cover, baste with butter once and brown slightly. Serve from Casserole with sauce from sauce boat. Will serve six persons.

LIVER, SAUTE, EN CASSEROLE.

Have one pound calves liver cut into slices one-half inch thick. Cover with boiling water and let stand two or three minutes. Drain, dry and remove thin outside skin and veins. Sprinkle with salt and pepper, dredge with flour, and saute in bacon fat,. When done, remove from pan to Casserole. Cover and keep hot in oven while preparing sauce. To pan in which liver was sauted add one rounding tablespoon butter, one slice of onion, one-fourth teaspoon salt, few grains pepper, and two rounding tablespoons flour, and let all brown well together. Remove the onion and add gradually one and one-half cups stock or water, one-half teaspoon Kitchen Bouquet and cook smoothly. Put over liver in Casserole and let stand covered on top of range where not too hot for a moment or two. Serve from Casserole at table. Will serve six persons.

MOCK TERRAPIN.

Melt one rounding tablespoon butter in saucepan. Add one rounding tablespoon flour, one-fourth teaspoon salt, few grains pepper, and, when blended, add one cup milk gradually and cook smoothly. Have ready in Casserole one and one-half cups cold cooked chicken or veal cut into dice. (If one-fourth of measure were finely cut cooked chicken liver it would make a better imitation of the real terrapin). To this add two hard boiled eggs finely chopped and few drops Tobasco sauce. Pour over hot sauce, put on Casserole cover, and let simmer slowly three or four minutes. Add three tablespoons sherry wine and serve hot from the Casserole. Will serve six persons.

FRICCASSEE OF RABBIT.

Separate a rabbit into joints for serving. Saute in hot fat from bacon or salt pork until browned lightly. Add one tablespoon butter to fat remaining in pan and saute one small onion, sliced, one-fourth pound lean ham, cut in dice, and one small sweet pepper cut in strips. Stir until brown, then add two cups of stock, one-third cup white wine, if desired, and let simmer for half an hour. Blanch one cup rice and dispose rice over rabbit as it is laid in Casserole. Add the stock and season as required. Cover closely and cook in moderate oven, one hour or longer, according to tenderness of rabbit. Serve from Casserole. Chicken may be cooked in the same way.

MOCK QUAIL.

Have six or eight slices of loin of veal, cut about one-half inch thick, five or six inches long and three or four wide. Make a force-meat from trimmings of veal and bacon, chopped fine, bread crumbs, seasoned with few drops onion juice, lemon juice, salt and pepper, suspicion of grated lemon peel and very little "poultry seasoning." Moisten mixture with egg beaten very light. Cover each slice of veal with force-meat, roll in shape to imitate form of quails, tie together or fasten with wooden skewers (toothpicks). Have one rounding tablespoon butter with two tablespoons bacon hot in frying-pan. Roll quails in flour, dust with salt and pepper, brown in fat, and place in Casserole with one-half bay leaf and stalk celery. Put one rounded teaspoon salt, pepper to taste, one pint water and cook smoothly. Pour sauce over quails, cover closely and let simmer for about an hour or until done. When done, remove skewers, and add one-half cup cream to sauce, let cook a moment and send to table in Casserole. Serve quails on toast with asparagus, spinach or water cress.

BRAISED FOWL.

Clean and truss an old two and one-half pound fowl. Put into large Casserole in boiling water with two tablespoons vinegar or lemon juice. Line cover of Casserole to keep in the steam. After second hour of cooking add one slice of carrot, one slice of turnip, sprig of parsley, stalk celery, two or three cloves stuck in one onion, few drops Tobasco Sauce, or half sweet green pepper and one teaspoon salt. Add more water if necessary, cover closely again and continue cooking until tender. When done, lift chicken from Casserole, strain off liquor, remove part of fat, measure and return to Casserole. When boiling hot, to one pint of stock add three level tablespoons flour blended with one fourth cup water, stir to thicken smoothly and let boil up few minutes. Add more seasoning, if required. Carve chicken to serve, arrange in Casserole. Let get hot and serve from Casserole. Will serve six or eight persons. If a simpler combination of herbs and vegetables be preferred, add one-half onion and one-half bay leaf an hour after cooking begins. But do not at any time let fowl boil rapidly. Keep it cooking slowly three or four hours, if needed, until tender.

BROWN FRICCASSEE OF BEEF.

Cut squares about one-half inches, from one pound best of round beef. Dust with pepper, roll in flour and brown on all sides in hot fat from bacon or half bacon fat and butter. To fat remaining in pan, add one tablespoon butter —have in all two tablespoons—brown, add one slice onion, one teaspoon salt, add one rounding tablespoon flour, and brown together. Then add one pint hot water, one teaspoon Kitchen Bouquet, cook smoothly and put meat, bit of bay leaf and sauce in Casserole, cover closely and set on range where will simmer slowly for about two hours until very tender. May need to renew sauce before serving by adding little water or brown stock. Serve from Casserole. Baked potatoes are always very good with Brown Fricassee of Beef.

SWEET BREADS EN CASSEROLE WITH MUSHROOMS.

Parboil one pound sweet breads in salted, acidulated water for about twenty minutes. Drain and cool for subsequent cooking. Melt one rounding tablespoon butter and add one rounding teaspoon flour. When blended add one-fourth tablespoon salt, few grains white pepper, few grains mace, grated peel from one-fourth lemon and add one and one-half cup of milk gradually. Cook to thicken smoothly. Have ready in Casserole the sweetbreads cut in small pieces. Over them pour hot sauce, and add one-half cup diced mushrooms. Cover and let simmer for twenty minutes. Serve from Casserole on triangles of hot buttered toast. Will serve four or five persons.

SWEETBREADS EN CASSEROLE.

Let two pair of sweetbreads stand an hour or longer in cold water, changing the water several times and removing unedible portions; drain, cover with boiling water, and let simmer ten minutes, to stiffen them on the outside; let chill in cold water, then draw into the best side of each about a dozen lardoons of fat salt pork. Melt four tablespoonfuls of butter in a frying pan and in this brown the sweetbreads, first on one side and then on the other, taking care to brown the larded side but little. Set the sweetbreads in the casserole; add veal broth, highly seasoned with vegetables and sweet herbs (or half cup of celery, onion and carrot in bits, tied in a muslin for removal), to half cover the sweetbreads; cover and let simmer in the oven nearly an

hour. Saute six or eight mushrooms caps in butter and add these to the casserole; let cook fifteen minutes when the broth should be well reduced; add half a cup of thick cream, salt and paprika to season and a pint of hot cooked peas, letting the peas settle to the bottom of the dish and drawing the sweetbreads and mushrooms above them. This dish may be served, after cooking, in individual ramequins, those of oval shape being well adopted to this service. The peas should be below and around the sweetbreads and the mushroom caps above. The mushrooms may be omitted.

POTTED OX TAIL.

Cut two Ox Tails each into two or three pieces and put into large Casserole. Into the frying-pan put three slices bacon and fry out. Add one onion, sliced, one level teaspoon sugar and brown well together. When browned, pour on pint boiling water, let boil up once and strain into Casserole. Add one-fourth cup cut carrot, one-half cup celery, three or four cloves and one small bay leaf. Cover closely and simmer slowly for two hours. Add one rounding teaspoon salt when half cooked, also one-half cup white wine, if desired. When meat is tender, pour off and strain stock. Melt and brown one rounding tablespoon butter, add two slightly rounding tablespoons flour and brown. Then add gradually one pint strained stock. Let cook smoothly, add one-half teaspoon Kitchen Bouquet, pour over meat in Casserole. Let heat well together and serve from Casserole.

BRAISED BEEF TONGUE.

Sift together one teaspoon pepper, two tablespoons sugar and one-fourth cup salt, rub over a three-pound fresh beef tongue, and let stand in large Casserole in refrigerator for twenty-four hours. Then soak one-half hour in cold water to cover. Put to cook in the Casserole in boiling water. Let simmer about two hours, then take from water, remove the skin and return to water to finish cooking. Add one tablespoon salt, one-half teaspoon pepper, one slice onion, one stalk celery, three cloves, more water if required to cover, and cook until tender. If to be served hot, serve with Tomato Sauce, Sauce Piquante or Brown Sauce, made from stock in which Tongue was cooked. If to serve cold, let cool in the stock in which cooked. Delicious when served cold. If preferred, omit the curing process, and after washing tongue well in cold water, put to cook in large Casserole in boiling water, with seasonings, and cook slowly for two hours, or more until tender.

FISH AU COURT BOUILLON.

Clean and tie in a piece of cheesecloth two pounds of cod, halibut or salmon, cut in a thick slice. Have ready in largest Casserole one quart of boiling water. Add one-half cup vinegar, two or three cloves, six peppercorns, one-half an onion, small stalk celery, slice of carrot and one scant level tablespoon salt. Put in fish and place on range where it cannot boil rapidly. Let cook slowly twenty to thirty minutes from time cooking begins. Remove to hot platter, garnish with slices hard boiled eggs, or lemon and parsley. Serve with sauce made from the strained bouillon in which was cooked. For one pint of sauce melt two rounding tablespoons butter in saucepan. Add one rounding tablespoon flour. Blend well and add two cups of bouillon, slowly stirring constantly to cook thoroughly and smoothly. Add more seasoning if required. A tablespoon of tomato catsup, or one-half teaspoon of Worcestershire Sauce might be added. Remove from fire and add two eggs slightly beaten, mixing a portion of sauce with egg slightly beaten, mixing a portion of sauce with egg gradually at first and beating well together before adding entire egg to insure smoothness and delicacy. Keep sauce hot, if necessary, over hot water, and covered. Finely chopped parsley sprinkled over top of fish in serving is an attractive addition. Will serve eight persons.

CORN CHOWDER.

Cut a two-inch cube of salt pork into small bits and try out. Add one onion sliced, cook few minutes but do not brown. Strain fat into large Casserole. Parboil a scant quart of dried or sliced potatoes in boiling water, just to cover, about five minutes. Drain and add potatoes to fat in Casserole. Then add two cups of boiling water and cook until potatoes are nearly done. Add one can corn and one quart scalded milk. Heat to boiling point. Season to taste with salt and pepper. Add two rounding tablespoons butter and three or four broken crackers. Serve from the Casserole at table with very crisp crackers. This will serve eight persons.

Fish or clam chowder is prepared in the similar manner. For **Connecticut Chowder** put two pounds fresh codfish in large Casserole, cut in small pieces free from skin and bone,

with half of bay leaf, and two or three cloves and cover with cold water. Let come slowly to boiling point and cook about twenty minutes. Drain off liquor and in it cook three cups diced potatoes. Follow directions for making Corn Chowder in that fish is sugstituted for corn and for the quart of milk two and one-half cups liquid in which fish and potatoes were cooked. When ready to serve add one-half fine cracker crumbs. Serve from Casserole. Will serve eight persons.

PORK SPARERIBS WITH CABBAGE.

Have two pounds of spareribs (one side of ribs cut in two to make short lengths of ribs. Trim neatly, roll, put in boiling water in large Casserole and simmer for an hour, adding salt and pepper when half cooked. Then remove from Casserole and put into hot oven to brown slightly. Cut one medium head of cabbage into eighths leaving the heart attached to hold in shape. Cook for twenty minutes in large kettle of boiling salted water. Do not cover, but turn cabbage once. Cabbage should not be entirely done for this first process in the cooking. Have ready one scant quart of potatoes cut in pieces about the size of an English walnut. Put potatoes in bottom of Casserole, arrange cabbage on top and cook in water in which ribs were cooked. Add more seasoning, if required. Baste the ribs in oven with water in which cabbage was cooked. When potatoes are nearly done (will take about twenty minutes to cook) cut ribs apart ready to serve, lay in Casserole over cabbage, cover, and let all heat together before sending to table. Serve from Casserole. This has been pronounced a royal dish for epicures of pork and cabbage.

AU GRATIN DISHES.

Au gratin dishes are exceedingly popular, and, deservedly so. Potatoes, cauliflower, egg plant, cabbage, macaroni, celery, rice, brussels sprouts, hominy, tomatoes, oysters, shrimps, fish, and asparagus vie with each other as favorites in this repertory of dishes.

Au Gratin Dish.

To become an adept in serving Au Gratin dishes, if the principles in making one perfect dish are understood, the long list of au gratins becomes a simple matter of applying rules and proportions. Au gratin dishes are practically modifications of escalloped dishes. Raw materials are cooked until done, then combined in layers in Casserole. Cream sauce, with chopped or grated cheese in small proportion, if cheese be desired, is put between layers of cooked materials, buttered bread crumbs to be delicately browned as a finish on top of the dish. This is the Au Gratin Idea in a nutshell.

POTATOES AU GRATIN.

Make a cream sauce from one rounding tablespoon, each, butter and flour, one teaspoon salt, one-eighth teaspoon white pepper, and one pint milk. Have prepared one cup buttered bread crumbs, and three-fourths cup chopped cheese. Have ready one quart sliced or dried cold-boiled potatoes. Butter Casserole. Dispose of layer of potatoes in bottom of dish, add cream sauce, sprinkle with cheese; continue layers until potatoes are used, having cream sauce last layer. Over this place buttered crumbs with cheese mixed through them. Bake in moderate oven until sauce begins to bubble through the crumbs and crumbs are delicately browned.

GENERAL RULES FOR AU GRATIN DISHES.

As a general rule about one-half the quantity of Cream Sauce is allowed in proportion to the measure of cooked material used; and one cup of crumbs allowed for Casserole. Quantity of crumbs, however, depends upon surface to be covered. For number of small Au Gratin Dishes larger measure proportionately would be required. With potatoes, rice, macaroni, hominy and potatoes, foods starchy in nature, the regulation proportion of one level tablespoon each of butter and flour to the cup of milk is of proper consistency. With cabbage, cauliflower, egg plant, celery and vegetables of a watery nature, the sauce should be thicker, allowing the rounding tablespoon of flour to one cup milk or other liquid. Any of three vegetables, cabbage, cauliflower or brussels sprouts au gratin are delicious.

CABBAGE AU GRATIN.

Cook cabbage, in boiling salted water, uncovered, until tender. Drain well. Make Cream Sauce. Have cheese and crumbs ready and follow directions for combining cabbage with sauce, cheese and crumbs as in preparing potatoes au

gratin. Left-over baked or boiled fish arranged in layers in same manner and "Fish Au Gratin" could be served in tempting form.

BLANQUETTE OF VEAL.

Make a sauce from two rounding tablespoons each of butter and flour, and one pint stock or milk. Put into Casserole three cups diced or thinly sliced cold roast veal. Add sauce, one teaspoon salt, few grains mace, few drops Tobasco Sauce. Cover and let simmer about ten minutes. Just before removing from fire add one teaspoon lemon juice. Serve from Casserole at table in little Cocottes with triangles toast on top sprinkled over with finely chopped parsley.

BOSTON BAKED BEANS.

Soak one pint of beans in cold water over night. In the morning, cover with fresh cold water and let come slowly to boiling point. Drain, and put into Pudding Dish or Casserole. Mix together one rounding teaspoon salt, one-half teaspoon pepper, one teaspoon mustard and stir into the beans. Add one-half cup molasses, put one small onion at bottom of dish, and add hot water to cover beans. Place one-fourth pound of salt pork, scored, into center of beans, cover, and let bake slowly from six to eight hours. Add more water as required. This quantity will serve family of four or five persons for two meals. Beans are as good reheated, with little water added, if needed, in smaller Casserole or in little Custard Cups as when baked on first day. If beans are not sufficiently browned to taste, remove cover and brown few minutes before serving.

BEANS, BOSTON BAKED, REHEATED WITH BACON.

Have ready as many rounds of toast as individuals to serve. The toast may be made of any kind of bread preferred, with all crust removed. Put tthe Beans in Casserole, two or three tablespoonfuls of boiling water, cover the dish closely and set into the oven to become very hot. In the meantime, roll strips of thin bacon (one for each service) into a compact shape, pass a wooden toothpick through each to hold it in shape, put all in a frying basket, and let cook in deep fat about two minutes or until crisp; drain carefully. Dip the edges of the slices of toast in boiling water, salted, and dispose on a hot dish; spread each slice with butter, dispose the beans on the slices, and a roll of bacon on each.

EGGS BAKED.

Butter Casserole, break as many eggs as will be needed into a saucer, one by one, and if found good slip each into the baking-dish. No broken yolk must be allowed nor must they crowd so as to risk breaking the yolk after put in. Put a small piece of butter on each and sprinkle with pepper and salt. Set into a well-heated oven, and bake till the whites are set. If the oven is rightly heated, it will take but a few minutes and the cooking will be far more delicate than fried eggs.

VEGETABLES SERVED A LA CASSEROLE.

The emergency closet in every well regulated household has a choice selection of canned goods from which to supply variety in vegetables when the fresh goods are not available, or easily obtained. If vegetables are to be served in sauces, the sauces may be made first in the saucepan, then put into Casserole, vegetables added and allowed to heat through thoroughly, and then served at table from the Casserole. Peas drained and added to cream sauce, string beans put in Casserole, seasoned with salt, pepper and butter and served when heated through. Corn seasoned, heated and served from Casserole and a whole list of vegetables in this fashion. No canned vegetables should be allowed to "cook and cook" a long time as is sometimes done. They have been cooked until well done before being canned, so that the reheating is all that is required to serve them properly. An attractive dish in vegetables is carrots and peas. Cut carrots in small dice and cook until well done. Drain and combine with the peas in a cream sauce, made as suggested, and put into Casserole to simmer, heating well together.

Red kidney beans well seasoned are excellent in Casserole. Tomatoes well drained, if disposed in Casserole in two layers, buttered crumbs between with sprinkling of chopped cheese and crumbs on top delicately browned will find favor among lovers of vegetables attractively served a la **Casserole.**

POTATOES EN CASSEROLE.

Melt one-fourth a cup of butter (the clear fat from bacon or salt pork or the fat taken from the top of a kettle of soup are all well adapted to this use) in a frying-pan. Have ready nearly a quart of balls cut from pared potatoes with a French cutter, washed in cold water, and dried in a cloth. Turn the balls into the hot fat, and add a teaspoonful of salt and a grating (about a teaspoonful) of onion. Shake the frying pan over a brisk fire, to brown the potatoes; then add brown stock or boiling water nearly to cover the potato, and heat the whole to the boiling point. Add a tablespoonful of chopped parsley and turn into a casserole, cover close, and let cook in a moderate oven about forty minutes. Serve from the dish. Balls cut from turnips, carrots, and Jerusalem artichokes, as also pieces of celery, an inch and a half in length, may be cooked in the same way. When the cooking is finished there should not be a superfluity of liquid in the dish—just enough to serve a scant tablespoonful with each service of vegetable.

SWEET POTATOES, SOUTHERN STYLE.

Clean, pare and cut in slices across grain three or four sweet potatoes. Put into Casserole or Pudding Dish, add one teaspoon salt, and hot water just to cover. Cook for ten or fifteen minutes, and drain off water. Put one-half cup sugar in frying-pan and let brown slightly. Then add to the sugar one cup of water, boiling hot, in which potatoes were cooked, and let simmer until free from lumps of caramel. Blend one level teaspoon flour into two rounding tablespoons butter, add to syrup and stir while cooking smoothly. Add the caramel sauce to potatoes in Casserole, cover, set in moderate oven and let cook until potatoes are tender and half candied. Just before serving, remove cover and let brown over top.

COOKING OF FRUIT IN CASSEROLE.

That "vexed problem" of cooking fruits fresh or dried so that they may retain color, shape and flavor is satisfactorily solved by the **Casserole.** Many fruits are richer and better for being cooked in the oven, instead of stewed on top of the range. This is especially true of apricots, prunes, and apples. The dried fruits may be soaked in the dish in which they are to be cooked, saving time and labor. In cooking acid fruits no utensil or tin should be used for this purpose. Having once cooked rhubarb or cranberries in Casserole and recognizing their superior flavor thereby, no one could ever be persuaded thereafter to cook these or other acid fruits in any other way.

CRANBERRIES

Select large, fine, bright colored, ripe berries. Wash and pick over two quarts cranberries and put into Casserole. Add three cups sugar and one and one-half cups hot water. Cover and let cook slowly in moderate oven until tender, thirty to forty minutes. Keep covered and set aside to jelly. Better if not served on the day that they are cooked. Cranberries cooked by this simple process are preserved in color and shape. The skins are delicately tender and the flavor much richer than if stewed on top of range.

APPLES BAKED IN CASSEROLE.

Pare, core, and cut in quarters firm apples. Fill the Casserole Dish almost to brim. Sprinkle over sugar according to taste and acidity of apples. If liked, add grated nutmeg, cinnamon or lemon peel. Add water not quite to cover. Cover and let bake slowly until syrup is rich looking. The long, slow baking insures a rich flavor. Apples may in process of baking need to be basted, turned once or twice or to have paper lining in cover. Will depend upon apple and desired result.

STEWED RHUBARB.

Wash and cut into very short lengths stalks of rhubarb, leaving on a portion of the delicate red skin to give that pretty pink tinge to the sauce. Put in Casserole with only enough water to cover bottom of Casserole. Add about an equal weight of sugar. Cook in oven, covered, or on top of range without stirring, until tender.

STEWED FIGS.

Clean and cut large figs into three or four pieces each. Fill Casserole half full. Cover with cold water. Let stand for two or three hours to soak. Place heavy paper over Casserole, lining the cover as suggested for excellent results in stewing and braising. Cover and place in moderate oven, or on top of range, and allow to cook very slowly for

two or more hours until tender. If to be served with breakfast cereals, as is regarded very wholesome, no sugar need be added while cooking. If desired for a sauce or dessert, sugar to taste may be added, also strip of orange or lemon rind, and rind removed when done. As a sweet confection plain or whipped cream may be served with the figs.

Dates, cleaned and pitted, may also be cooked in Casserole in oven. They require no soaking and sugar is a matter of taste. Are highly recommended as to be served with cooked breakfast cereals when omitting sugar but using cream.

SWEET SPICED FIG RELISH.

Cut two pounds dried figs in halves and put in large Casserole or Baker. Cover with cold water and let stand for two hours. Drain, and add water to one pint strong vinegar with one cup brown sugar and one tablespoon mixed spices, mace, cloves, cinnamon and allspice in proportion to taste. Tie spices in piece cheesecloth and boil all together for about thirty minutes. Remove spice bag, pour hot vinegar over soaked figs in Casserole. Cover closely (with paper under lid) and let cook slowly in oven about two or three hours. A novel and delicious relish to serve with cold meats.

TO COOK DRIED FRUITS.

Wash dried fruits as prunes, apricots or apples thoroughly. Let soak several hours or over night in cold water in Casserole in which to be cooked. Put on range where they will begin to cook slowly, and keep them cooking slowly until almost done. Then add sugar to taste and finish cooking.

INDEX

Bread 8–
Brown Bread 8
Corn Bread 8
Ginger Bread 10
Graham Bread 10
Mush Bread 12
Oatmeal Bread 12
Salt Rising Bread 10
Lightning Bread 12
Bread Helps 1
Biscuits 1
Biscuit Helps 1
Buns 1
Gems 1
Muffins 18
Rolls and Rusks 18
Cakes 24–44
Cake Helps 44
Coffee Cake 46
Cookies 46–52
Cooky Helps 52
Crackers 52
Cheese 54
Desserts 54–60
Doughnuts 60–62
Dressings for Poultry and Meats 62–64
Dumplings 64–66
Eggs 66–68
Egg Helps 70
Fish 70–76
Fish Helps 76
Fowl 76–80
Fowl Helps 82
Frostings 82–84
Fritters 84
Meats 86–102
Meat Helps 102–104
Meat and Accompaniments 104
Mincemeats 104–106
Noodles 106
Nuts 106–108
Omelets 108
Pancakes 108–110
Pancake Helps 110
Pastry 110
Pies 112–118
Pie Helps 118–120
Puddings 120–128
Pudding Sauces 128–130
Rabbits 130–132
Salads 132–138
Salad Dressings 138–140
Salad Hints 140
Sauces 140–142
Vegetables 142–154

INDEX

FIRELESS COOKER RECIPES

DESSERTS 165
Fish 160
For the Sick Room 165–166
Fruits 164
Meats 160–162
Soups 159–160

INDEX

CASSEROLE RECIPES

Au Gratin Dishes 176

BEANS

Boston Baked Beans 177
Beans, baked, reheated with Bacon 177
Corn Chowder 175

EGGS

Eggs baked 177

ENTREES

Banana with Sauce 170
Chestnuts simmered in Cream Sauce 173

FISH

Fish Roe en Casserole 173
Fish au Court Bouillon 175
Mock Terrapin 173

FOWL

Chicken en Casserole 170
Chicken (French style) 171
Braised Fowl 174
Potted Pigeons 172
Pigeons stewed with Olives 172
Pigeons a la Cauliflower 171
Mock Quail 174
Squabs 171

FRUITS 178–179

Hominy a la Creme 172

MEATS

Beefsteak a la National 170
Braised Round of Beef 170
Brown Fricassee of Beef 174
Minced Beef with Potatoes 173
Round Steak en Casserole 170
Hungarian Goulasch 172
Liver, Saute, en Casserole 173
Neck of Lamb 171
Curry of Mutton with Rice 171
Potted Ox Tail 175
Fricassee of Rabbit 173
Pork Spareribs with Cabbage 176
Sweetbreads, with Mushrooms 174
Sweetbreads 174
Veal Collops 170
Blanquette of Veal 177

MUSHROOMS, stewed in Cream 172

Vegetables, served a la Casserole 177–178

UNIVERSITY OF ILLINOIS-URBANA
3 0112 062200966